FIELD HOCKEY
FOR
COACHES *and* PLAYERS

HILDA V. BURR

Carol Densmore

SP/WO 20-

31548

HC13

FIELD HOCKEY

for

COACHES AND PLAYERS

ATHLETICS FOR WOMEN SERIES

PRICE

Baseball for Girls and Women—
PALMER $1.60

Basketball for Women—FRYMIR..... $2.00

Field Hockey Analyzed—CUBBERLEY... $2.00

Field Hockey for Coaches and Players
—BURR $2.00

Fundamental Danish Gymnastics—
SUMPTION $2.00

Principles of Women's Athletics—
SOMERS $1.60

Tennis for Women—ANDERSON $1.60

Track and Field for Women—FRYMIR.. $2.00

Tumbling, Pyramid Building and Stunts
—COTTERAL $1.60

Volley Ball for Women—MONTGOMERY. $1.60

Each 12mo. cloth—Illustrated

A. S. BARNES AND COMPANY

PUBLISHERS NEW YORK

FIELD HOCKEY
for
COACHES *and* PLAYERS

BY

HILDA V. BURR



NEW YORK

A. S. BARNES AND COMPANY

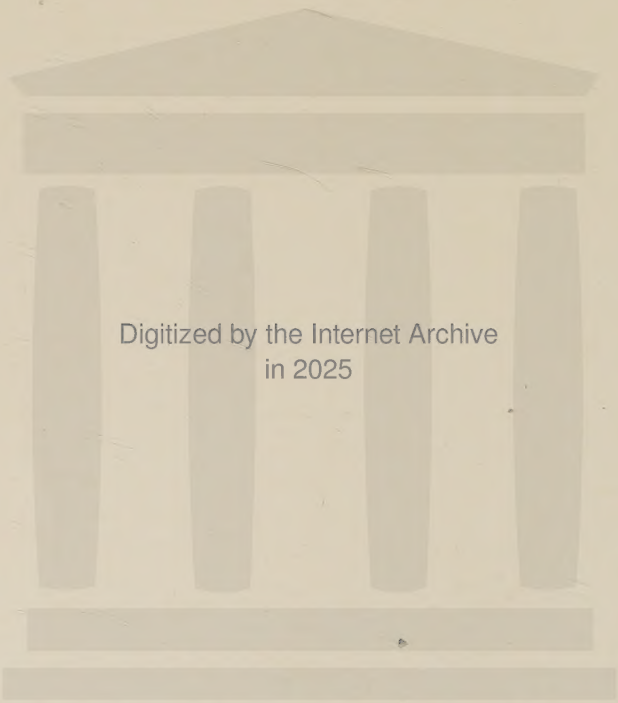
INCORPORATED

1930

COPYRIGHT 1930 BY
A. S. BARNES AND COMPANY
INCORPORATED

PRINTED IN THE UNITED STATES OF AMERICA

To all those hockey enthusiasts whom I have had the joy and privilege of coaching.


Digitized by the Internet Archive
in 2025

https://archive.org/details/fieldhockeyforco0000hild_h9y7

AUTHOR'S NOTE

I SHOULD like to take this opportunity of acknowledging my indebtedness to Miss Gertrude East, former Scottish International, and to my sister, Miss Evelyn Burr, for the trouble they have taken in reading through the MSS. of this book and for their suggestions and alterations; to Miss Anne B. Townsend for her kindness in writing the introduction; to Mr. Hugh Walker, former Scottish International, for some invaluable hints on Forward play; to Miss Constance Wilson and to Lieut. Col. P. C. Douglass, R.A.M.C. for the photographs used in illustrating this book; to Mr. Albert Bennett for giving me a diagram of a hockey field made to scale for illustrating purposes; to the American Sports Publishing Company and to Miss Constance Applebee, Editor of "The Sportswoman," for their kind permission to reprint some of my articles which have appeared in a few of their publications, and which I have incorporated into this book.

HILDA V. BURR.

September, 1930

CONTENTS

PAGE

Author's Note vii

Introduction xiii

CHAPTER

I. Equipment 1

II. Technique 6

III. Forward Play 21

IV. Defence Play 47

V. Tactics 84

VI. Hints to Coaches 116

VII. Stickwork Practice and Relay Games . 129

VIII. Hints to Umpires 169

IX. Team Selection 184

Appendix. Do's and Dont's for Players . . . 193

LIST OF ILLUSTRATIONS

	PAGE
The Drive	7-8
Fielding the Ball	10
The Left-Hand Lunge	16
The Right-Hand Lunge	17
Key to Diagrams	19
A Centre Bully	25
The Right Push	28
A Pass from the Centre Forward to the Left Wing	30
Triangular Pass	32
Position of Defending Forward Line When the Ball Is in That Line's Own Circle	34
Diagonal Pass Across the Striking Circle by the Left Wing	38
The Righ Inner in an Off-side Position	38
A Back Pass from the Left Inner to the Centre Forward Inside the Circle	40
The Left Inner Picking Up a Diagonal Pass from the Right	40
Backward Swing of the Right Drive	45
Left Back and Left Half-back Covering, the Ball Being on the Other Side of the Field	49
Interchanging	52-53
Position of Defence Inside the Circle When the Left Inside Has the Ball	56
Right Back Crossing Over to Tackle the Right Wing Before She Enters the Circle	56
A Twenty-five-Yard Bully	62
Centre Half Interchanging With the Left Back, When She Is Unable to Overtake the Centre Forward	66
Centre Half Marking Loosely When Her Opponent Is Behind Her Line	66
The Right Cut	69

PAGE

The Scoop 70-71
Centre Half Executing a Circular Tackle Round the Centre Forward 72
Left Back Passing Out of the Circle to the Left Half 72
Defence Players Backing Up Their Forwards Near the Circle, the Ball Being on the Right Side of the Field 76
Position of the Backs at a Roll-in 76
Goalkeeper's Position When a Shot Is Coming from the Left Inner 79
Goalkeeper Close to Post Ready to Save Shot from an Acute Angle 79
Follow-through of a Backward Push Pass . . . 86
An Illegal Drive 91
Dodging 94
A Long Corner 96
A Penalty Corner 100
Stopping the Ball from a Corner Hit 102
A Long Roll-in Up the Side Line by the Right Half-back 105
A Short Roll-in to the Right Inside by the Right Half-back. The Right Inside Hits the Ball Up the Five-yard Area for the Wing to Pick Up 105
A Roll-in from the Right Half to the Centre Half 106
A Short Roll-in to the Left Inside Who Pushes the Ball Out Again to the Half. This Player Should Hit It Up Ahead of the Wing . . . 108
A Roll-in from the Left Half Through to the Left Back 108
A Roll-in Near the Circle from the Left Half to the Left Inside 109
A Roll-in from the Right Wing Back to the Right Half 109
The Reverse Roll 111
The Job 165
Forward Line in an On-side Position, the Players Being Behind the Ball 179
Left Inside in an Off-side Position 179

INTRODUCTION

Miss Hilda Burr needs very little introduction to American hockey players, for during her work in this country many have had the opportunity of meeting and being coached by her. All who have had this privilege will realise how valuable a book on hockey written by her will be, for she not only has a thorough knowledge of the game, but possesses also the gift of imparting her knowledge to others in a clear, easily understandable way.

Miss Burr was trained at the Chelsea College of Physical Education in England, and graduated from there in 1922. The same year she came to America with the group of coaches sent over by the English Association and coached in Philadelphia and Chicago. After that she went to the North Carolina College for Women, where she taught until 1925. In 1927 she returned to America for the hockey season, coaching in St. Louis, and since then has come back to this country each fall, spending her time at the September Hockey Camp and in St. Louis. She has also coached in England, Scotland, and Denmark. In addition to her teaching, Miss Burr has played on the Kent and Sussex County Teams in England, and was a reserve for the South of England.

This book will be of great value to both coaches and players alike, for Miss Burr has had a great deal

of experience in both lines, and, what will be of great assistance to us, knows American hockey thoroughly. Each player will find her own position carefully explained, with suggestions and ideas that she will do well to consider, and coaches will discover many valuable ideas and theories on the methods of teaching hockey, the result of Miss Burr's years of experience with all kinds of pupils.

This book is a welcome contribution to our efforts to improve hockey in America, and I hope that many players and coaches will read and study it, and thereby gain from it much that will be of value to them in their playing and coaching.

ANNE B. TOWNSEND,
President of the United States Field Hockey Association and Captain of the United States Field Hockey Team.

FIELD HOCKEY *for* COACHES *and* PLAYERS

CHAPTER I

EQUIPMENT

Hockey players are beginning to realise, more and more, what an important part equipment plays in the game. A badly equipped player will always be at a great disadvantage in competition, whatever her aptitude for hockey may be, for no one can run well in garments which prevent free use of the limbs, or acquire good technique with a stick which is too heavy or clumsy.

The Stick. The stick is the most important part of a player's outfit, therefore it should be of a good reliable make, be well balanced, and should feel comfortable and be easy to handle. A beginner should never choose a stick for herself, but should obtain expert advice for the purpose, for it is only after considerable experience that a player can find out what suits her particular needs. When choosing a new stick it is best to decide first on the weight to be used, then time will not be wasted in going over those which are too heavy or too light. The proper weights for club players range from between eighteen to twenty-one ounces. Children should, of course, use lighter sticks

than grown-ups. The very heavy sticks which were popular a number of years ago were, to a large extent, responsible for the hard-hitting type of hockey which was then played, but which now is taboo.

It is by no means an easy task to pick out a stick which drives well and yet allows for neat stickwork. This is due to the fact that the blade (the part of the stick which comes in contact with the ball) must be of a certain thickness before it will hit satisfactorily, but if it is too thick it will make good technique almost impossible. It is only by selecting the "happy medium" that a player can be fairly certain of acquiring a useful "all-round" stick.

The grain of the stick should be examined to make sure that the lines follow the shape of the blade. If they do not, the stick is not worth having, as it may develop jagged edges after quite a short period of use.

Good sticks have plenty of spring in the handle and do not sting the hands when the ball is hit. This is due to the insertion of rubber down the centre of the handle but it is not always present in the cheapest makes. The size of the handle should be selected according to the hand which is to use it, for one which is too thick tends to cramp the muscles of the forearm and tighten up the wrists. Thin handles are said to break easily, but most hockey players will agree that it is generally the blade which gives way first. It is most satisfactory to have a rubber grip incorporated with the handle rather than one put on over the string binding. The former should not alter the balance of the stick or slip out of position, which a loose grip might very likely do.

Rubber rings are no longer used by good players; they add too much weight to the blade, and they have

been found to be of little benefit in protecting the fingers.

Forwards generally use shorter and lighter sticks than the defence, but whatever the size and weight of the stick may be, it should feel well balanced when swung backwards and forwards.

The Care of the Stick. After a new stick has been purchased, the blade should be wiped over with linseed oil to feed and preserve the wood. This should be repeated occasionally during the season, especially after use in wet weather, care being taken to dry the stick thoroughly before applying the oil.

When the stick is laid away at the close of the season, the blade ought to be wrapped in an oily cloth and the stick placed in a dry cool place.

Any jagged edges which may appear on the blade should at once be bound with adhesive tape, but not more should be used than is absolutely necessary, as even tape will add weight to the head.

Should the blade break off, some manufacturers will fit a new one to the old handle, provided the latter is in sufficiently good condition to warrant it. This is, of course, an economy and has the added advantage of a player retaining a handle to which she has become accustomed.

Balls. Composition or solid rubber balls must not be played with in any match or practice game, as this is forbidden by the laws of hockey. They have been found dangerous to the players as they are apt to rise into the air when hit. Their use should be strictly confined to stickwork practice (except shooting at goal), when a quantity of balls is essential. On all other occasions the regulation ball must be used, and umpires should always see that the rule is enforced.

The ball approved of by the Field Hockey Association is made of cork and string, with a stitched leather cover; the whole weighing five and a half ounces.

Balls require attention as well as sticks, and, after being used on a muddy ground, they should be washed with soap specially made for the purpose, and then painted over with white enamel. The paint should be applied evenly and not too thickly and the balls left to dry on nails projecting from a board.

Shoes. Two pairs of shoes are a real necessity to a player, for the type of shoe which should be worn in fine weather is entirely unsuitable for rainy days.

Rubber-soled shoes with studs or bars are the easiest and most comfortable in which to play on a hard dry ground, and make for speed and neat footwork. On a wet muddy field a player will find that to keep her feet she needs leather shoes with studs, as rubber slips on a damp surface. The leather uppers should be fairly thin and supple to allow of as much freedom as possible, but the soles must be sufficiently thick to take the studs which have to be nailed into them.

Players should remember that spikes or projecting nails are strictly forbidden by the rules, as they may be a source of danger to others. Goalkeepers should have their feet well protected by thick padded shoes which are made especially for their position.

Pads. All defence players should, most certainly, wear shin pads, as they give added confidence to a defender when tackling, or fielding a hard shot. This does not mean that a player is to use her pads for stopping the ball as this method almost invariably advances the ball illegally, but pads do soften the blow if the stick does not trap the ball.

Shin pads should be light and give protection without being bulky, so that they do not hamper a player when running.

It would be all to the good if forwards would wear them too, as they would then be prepared to take hard knocks as well as the defence. Goalkeepers should wear "kicking" pads which cover the instep, besides a large pair of pads—over small shin guards—which protect the leg from the ankle to above the knee. The best type of goalkeeping pads are those which are made to present a flat surface to the ball to prevent it glancing off them into goal.

Dress. A tunic is, perhaps, the most suitable and popular mode of dress, as it is smart and workmanlike, and allows for the maximum of freedom on the field. It has now been adopted by almost every country in which hockey is played. To look well, the tunic must not reach below the knee but should be a few inches above it. Stockings with extra long tops should be worn with it.

Players, in cold weather should start the game warmly clad, most especially the goalkeeper, who often has a very chilly time; no one can do her best when cold, and a blazer or sweater can always be discarded when a player has become thoroughly warmed up. Even gloves will help in this way, as it is hard to grip the stick when the hands are stiff with cold, and gloves afford, as well, a certain amount of protection from blows. A beret pulled well over the ears is a comfort when it is cold and windy.

Visors with hard peaks, should not be worn, or anything else which might cause injury to any of the players.

CHAPTER II

TECHNIQUE

The Drive

This stroke is an essential one in hockey, although it is not so frequently employed now as it was ten years ago. It is generally used for hard clearing shots, for long passes or when shooting from the edge of the circle.

The stick should be gripped by the left hand about an inch from the top of the handle, with the right hand as close as possible below. A comfortably wide stance should be taken—about a foot and a half to two feet, with the ball slightly nearer to the left foot than the right and at least eighteen inches away from the toes. If the ball is too close it tends to cramp the swing; if too far away, the player has to bend forward too much.

The striker should not face the direction of the intended hit, but should place herself sideways to it, her left shoulder pointing towards that direction.

In swinging the stick back for the stroke the right elbow should be bent, but the left one only very slightly. The right wrist must not be dropped, as this will tilt the blade too high. There is no need to raise the stick any higher than the waist, even for the hardest shots, and care should be taken from the very beginning not to swing the stick above the shoulder or, as it is termed, make "sticks."

The lift of the stick should be in a straight line backward from the ball, the weight of the body being thrown on the right foot.

The blade should meet the ball squarely, with the



THE DRIVE
Backward Swing

body-weight moving from the right to the left foot. Extra impetus is added to the hit by a "throw" of the wrists. This stroke must not be checked as soon as the ball is touched, but the stick should follow-through

with the arms straight and the grip firm to keep the wrists from bending. The shoulders should be well over the left foot and should be turned towards the receding ball. Keeping the eye on the ball is one of the most important factors towards making a good hit, the aim being taken *before* the backward swing is begun.

It is possible to drive successfully with the right foot



THE DRIVE
Follow-through

forward, especially when the direction of the pass is from left to right, the advantage of this method being that it can be performed at full speed.

The ball, for this stroke, must be on the outside of the right foot or even a little behind it, and far enough away to allow for a free swing. The body is twisted from the waist so that the left shoulder is towards the line of the intended pass, while the stick is swung be-

hind the legs. This position of the body is maintained until the ball is hit, the weight being on the right foot during both the backward and forward swing. Left wings, especially, find this variation of the drive invaluable when shooting or centring on the run.

Fielding

There are three good methods of fielding—or stopping—the ball: with the stick, the hand and the sole of the foot.

The stick is most generally used, for, by doing so, the player is able to get rid of the ball promptly, and it is, perhaps, easier than the other two methods.

When a hard ball is to be fielded the player should place herself behind it in order to gauge the line as correctly as possible. She should slip her right hand about six inches down the handle, or even further if the ball is bumping, as this will help to control it. The ball can be prevented from bounding off the stick by holding the latter well away from the body and giving back with the blade to lessen the impact. If necessary the feet can be moved in the same direction as well. A player should try to stop the ball *close* to her stick, finishing up with the handle sloping forward. This should keep the ball from running up the stick.

Either both feet or the right foot alone should be behind the stick, but not so close as to make quick clearing an impossibility. The legs should not be used as a means of stopping the ball as this will, in all probability, result in a rebound or a "knock-on" and so cause a foul. Accurate fielding can be insured by

carefully watching the ball until it has actually met the blade and the pace taken off it.

Push passes can be fielded in a slightly different manner, as they are not so difficult to control as those



FIELDING THE BALL
Note the slope of the stick

which are hit hard. It is unnecessary to "give back" to a soft pass, therefore the stick can be pushed forward to meet the ball in much the same manner as when tackling, the blade being almost brushed along the ground. (See paragraph on Tackling, Chapter IV.)

The ball can be blocked or pushed into a space away from an immediate opponent, and it can be done without any slowing up.

When the hand is used to stop the ball, a player should place herself in relation to it as for the first method, but she should hold her stick, well out of the way, in her left hand only. As the ball comes towards her she should quickly bend her knees and lean forward with her right hand some distance in front of her feet. She should make her fingers close round the ball so that it can be stopped dead instead of bounding back from the open palm. A player should only avail herself of this method when she has plenty of time for clearing, otherwise, she may be tackled before she can get both hands on to her stick again.

The only reliable way of stopping with the foot is to trap the ball *under* the instep, with the heel on the ground. By almost treading on the ball it can be perfectly controlled. The last two methods should only be attempted on a smooth ground, when a player can be practically certain that the ball will not jump up at the last moment.

Dribbling

This is the name given to the method a player employs when she takes the ball down the field at full speed. The ball should be propelled along by a series of taps, gentle enough to keep it close to the stick.

The left hand should be at the top of the handle, the back of the hand facing forward and the elbow well away from the body, while the right hand should be three or four inches below the left.

An important point in correct dribbling is to maintain the ball in good position. When it is too far away a player can easily be robbed of it; when too close the ball is likely to be kicked or overrun. The best place for the ball is slightly outside the right foot, and well within reach of the stick, unless there is no opponent near enough to tackle, in which case it can be dribbled further away.

The grip must be comparatively loose, while dribbling, to allow the wrists free play, as they should be very flexible, working the stick with a slight backward-and-forward movement.

The Push

The push stroke is used more constantly for passing, nowadays, than any other stroke. It takes less time than the drive, it is more easily fielded, and the intended direction of the pass can be disguised until the ball is actually touched. This pass is most useful for short distances, and it can be made in a forward, sideways or even a backward direction.

The stick is grasped in much the same way as in dribbling and the stroke is made with the wrists and forearms. There is no back swing—as in the drive—the blade merely being placed behind the ball. It is propelled by means of a sharp push forward of the stick with the right hand and a slight pull back with the left.

It is best to make this stroke with the right foot forward and the body-weight thrown on to it.

When the ball is dribbled closely to the stick, forward push passes can be made at any given moment.

For square passes the ball must be well outside the right foot, and for backward ones it must be *behind* that foot, with the shoulders turned well round towards it. A pass in any direction should be followed through until the right arm is straightened and the *point* of the stick is facing up. There should be no danger of "sticks" if the wrists are tightened up during this part of the stroke.

The Flick

This is almost identically the same as the push, the real difference being that there is very little follow-through in the flick. The wrists are worked even *more* sharply than in executing a push stroke, the ball being lifted slightly off the ground through the extra bending of the *right* wrist.

The Scoop

Provided this stroke is not used to excess, a player may improve her game appreciably by learning the scoop.

As the name implies, the ball is scooped or lifted into the air, but it should be borne in mind that this must not be accomplished by "undercutting."

When this stroke is used, the right hand must be slipped at least half-way down the handle, with the thumb on top, when the stick is laid back, and with the rounded part of the blade towards the ground. The right foot should be forward, with the weight of the body upon it, while the ball should be almost a yard in front, though a little to the right, of that foot.

The elbows are slightly bent as the stroke is made, but the right one is extended in the follow-through to keep the blade from being tilted up.

To obtain the best result, the ball should be lifted with the *toe* of the stick by means of a forward-and-upward movement of the right wrist, the left one steadying the top of the handle held *outside* the left hip, so that it is out of the way of the body. This obviates the possibility of running on to the end of the handle if the blade is jabbed into the ground by mistake.

When a player is close up to goal, a scoop to left or right of the goalkeeper is often a most effective shot, while a useful pass can be made over the stick of an opponent. The ball should not be raised higher than hip level, for safety sake, and, in any case, it travels more quickly the nearer it is to the ground.

The Right Cut

One of the strongest methods of tackling on the left side of an opponent is the right cut—a two-handed stroke with the stick reversed. The position of the blade should be altered by turning the handle in the grasp until the toe is towards the ground. Inexperienced players commonly make the mistake of twisting their wrists to reverse the blade without changing their grip, but this causes a very weak, cramped stroke. Both hands should be close together, with the wrists slightly dropped, so that the stick is not held in a straight line with the arms.

Before the stroke is made a player should be up with her opponent, otherwise she will have great diffi-

culty in tackling without obstructing or hitting her opponent's stick before touching the ball. She should lift her stick back slightly, taking care not to bend her elbows, and then, with her weight on her right foot, hit the ball with a quick, sharp tap, tightening up her wrists to check the stroke. The stick must be taken away immediately, for, if it is held across a player's legs, it is liable to trip her as she overruns the ball.

After tackling, the player should be quick to get on to the ball again and to change her grip either for dribbling or for hitting.

This tackle is generally made use of when the ball is being dribbled close to an opponent's stick.

The Left-Hand Lunge

One-handed strokes should not be used unless it is impossible to reach the ball with both hands on the stick, as such strokes are weak and hard to control.

The left-hand lunge is a good stroke for tackling on the right side of an opponent, when too far away for the regular two-handed tackle.

When a defence, in endeavouring to overtake a forward, comes almost within striking distance of the ball, she should let her right hand slide down the handle as she carries her stick back, keeping the blade close to the ground. As she swings her stick forward she should lunge, in the direction of the ball, with her left leg, bending that knee but straightening the right. The right hand is released, before the ball is hit, with a slight throwing action to add force to the tackle. The face of the blade should meet the ball squarely, the left wrist being kept firm to avoid, as in the right

cut, any follow-through. If the left thumb is placed down the handle it will help to lock the wrist. At the finish of the stroke the stick and left arm should be in one straight line, the right being held away from the body to adjust the balance. A player should not throw her weight too far forward, for, if she misses her tackle, she must be able to "collect" herself for another attempt.



THE LEFT-HAND LUNGE

When the opponent is keeping the ball close to her stick, the tackler should hit it in a backward direction; but, if the ball is out of the forward's immediate control, it should then be sent across her to the left.

On each occasion, as soon as the forward has overrun, the ball should be "picked up" by the defence with both hands again on her stick.

The stroke must be well controlled, otherwise the opponent's legs may be hit instead of the ball.

The Right-Hand Lunge

This stroke should only be resorted to when other means of gaining the ball prove useless, as it is a very weak and uncertain method of tackling. It is similar to the right cut—the stick being reversed—but it pro-



The Right-hand Lunge

vides a player with a longer reach, and the body is more easily balanced. The right hand only is used and a lunge is made with the right leg. The handle should be grasped a few inches from the top to help to control the stroke, and there should be very little back swing.

The Job

The job is another one-handed stroke, but it can be done with either the right or the left hand. It is,

however, better to use the left hand when trying to reach the ball from the blind, or non-stick, side of an opponent, as the right shoulder can then be kept back and so lessen the risk of obstruction.

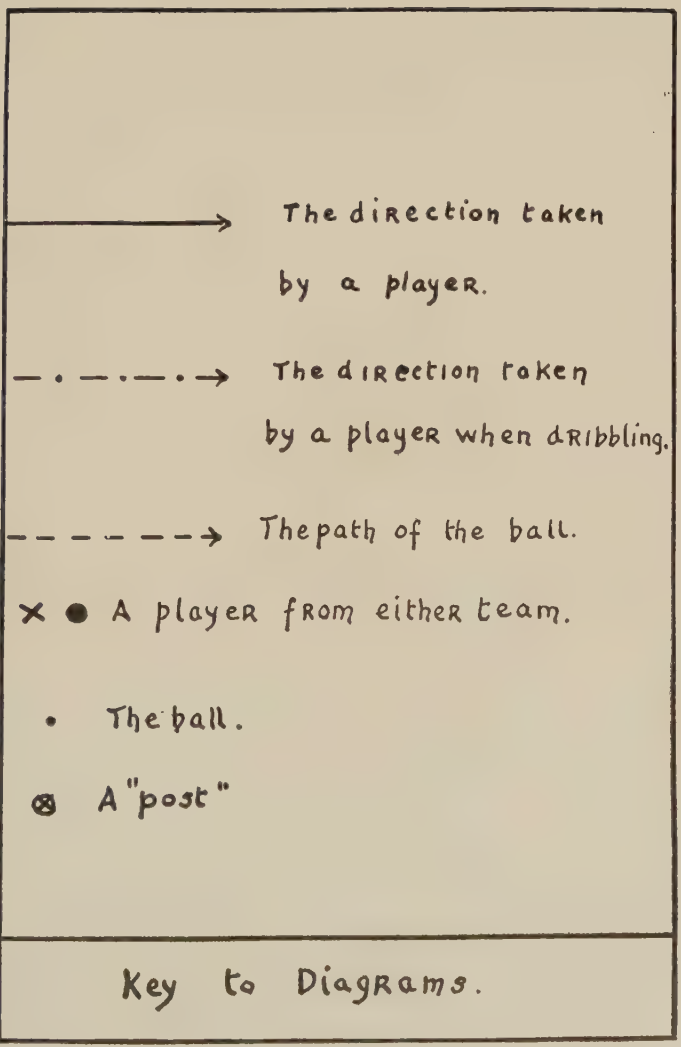
The blade should be laid back and the stick held in a straight line with the arm—the elbow must not be bent, as this would detract from the strength of the stroke. The ball can then be "jobbed" or thrust away from an opponent's stick, until the player is able to manipulate it in a more natural way.

This stroke should only be used as a tackle when the ball is being dribbled *loosely*, otherwise the opponent's blade will, almost certainly, be touched before the ball, and so constitute a foul. A forward can sometimes make good use of the job by thrusting the ball over a defence's stick, when the latter is tackling.

The Reverse Stroke

In the present-day game, the "reverse" has practically no place in a coach's curriculum, for it is only a player with an exceptionally good "eye" and strong pair of wrists who can use it to advantage, otherwise the results are weak and inaccurate.

This stroke was formerly employed for passing to the right, but the right drive has now taken its place and has proved much more satisfactory. To hit the ball, the handle of the stick has to be turned in the *grip* till the tip of the blade is pointing down, as in the right cut, the hands being together. The right shoulder should be pointing towards the direction for the pass, but the shifting of the body-weight does not


The direction taken by a player.
The direction taken by a player when dribbling.
The path of the ball.
A player from either team.
The ball.
A "post"

Key to Diagrams.

materially assist in the reverse stroke as it does in the drive. The force necessary to the former stroke is achieved almost entirely by the wrists and forearms, with a very short swing and "follow-through."

CHAPTER III

FORWARD PLAY

Any one who has watched first class hockey will know what a thrilling sight it is to see a forward line sweep down the field, the players passing and repassing to each other with crisp, accurate strokes, while running at top speed. Against play of this type a defence can do so little.

It all looks so easy, and yet, to reach this standard of proficiency, a player must be prepared for real hard work during many seasons.

Speed, of course, is essential, as well as a certain amount of natural ability for games; but, given these, determination and steady practice should do the rest.

Players should aim at perfect control of the ball and this can only be acquired by continual practice of technique. No matter how good a player may be, she only deceives herself if she considers that she has gone beyond the need of this. Those players who content themselves with the "hit and run" type of game will never go very far.

Not only must she be fast, but a forward must also learn to be quick in all her movements and be able to get up speed at once or, as it is termed—be quick "off the mark." Very few players seem to realise that pace can be improved, in most cases, by the individual being taught how to run with economy of effort. Instead of a violent up and down action of the knees, the legs should be moved freely from the hips, with a

strong push off from the ball of the foot. The weight, of course, should be forward.

Although hockey is a game played with a stick, a player must not neglect to use her brains as well. She should be able to think ahead, size up situations quickly, and vary her game. She should make it difficult for her opponent to mark her by keeping constantly on the move, getting free and placing herself in such positions that a pass will always find her.

It is considered more difficult to excel in forward positions than in those of the defence. This may be readily understood, as it is, surely, a harder task to initiate skilful play than it is to hinder or spoil it. Very few defence players are able to play an equally good game on the forward line, even after much practice, but a brilliant forward can nearly always be relied upon to play just as well at defence, when once she has mastered the science of her new position.

Combination. The chief strength of a forward line lies in the ability of the five players to combine with one another, and to make as much as possible of each other's capabilities. A good forward may appear, at times, to the casual spectator, to be playing a very poor game, when the fault may really be due to the inaccurate passing of those next to her. The average forward often makes the mistake of relying too much upon herself, for she may become an easy prey to her opponents by holding on to the ball too long.

It has been proved, over and over again, that forwards who keep the ball moving from one to the other are much much disconcerting to their opposing defence than those who mainly play an individual game. The defensive players, in the former instance, are kept

guessing as to where the ball will be sent next, and, with every pass, some change has to be made in their relative positions. When this is constantly being done, it is no easy matter for these players to be in their right places.

Nowadays, the three inside forwards have become very fond of an inter-passing game between themselves, to the neglect of their wings. Although, at times, this type of combination can be most effective, when used persistently, it tends to make the opposing half-backs cease to mark the outside players and concentrate on helping out the rest of the defence. When forwards realise that these tactics are being adopted by their opponents, their best chance lies in again making use of the wings, as three forwards have little hope of success against a whole defence.

Keeping Positions. Very little combination can be expected from a forward line until every player has learnt to keep her place. They must neither wander across the field nor lag behind, if they are to carry out their duties properly. Forwards should be well spaced out to make the game an open one, and they should also be roughly in a straight line with each other. When there is the risk of "off-side" the players should be careful to be *just* behind the ball, but, of course, this does not apply to their own half of the field.

Some players lose their proper places by being too slow to keep up with their fellow forwards, while others cannot resist the temptation of running all over the field after the ball. Still more have never mastered the art of dribbling in a straightforward direction and,

by veering to one side or the other, get too close to, or even in front of, their next-door neighbour.

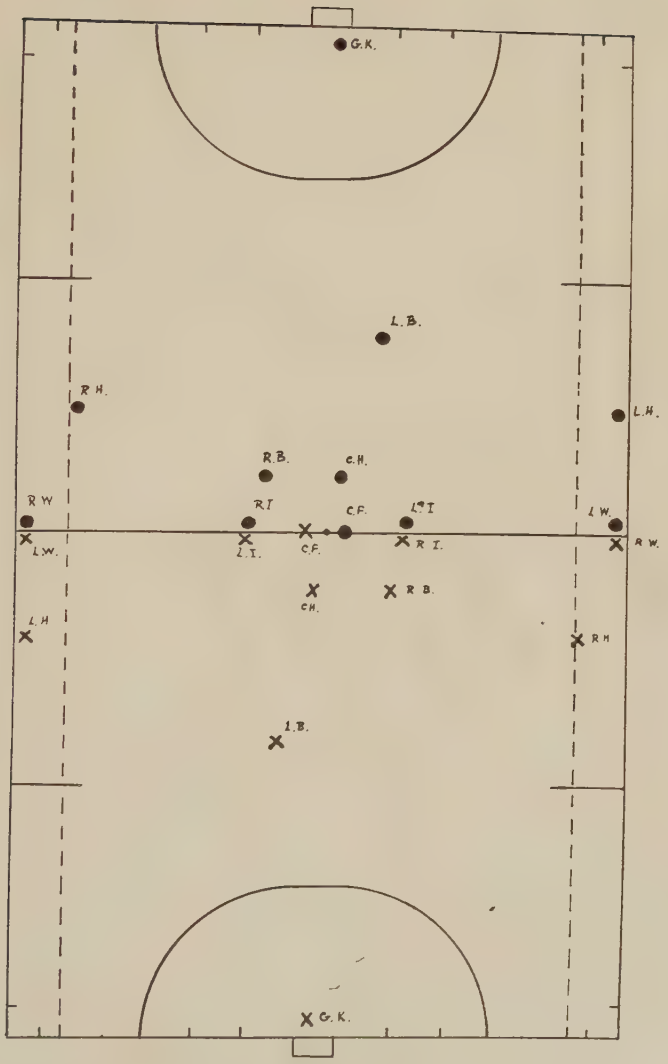
Inaccurate passing, also, may put players out of position either when the ball is hit too hard or too soft. In both cases, the one receiving the pass will, most probably, be well out of her place before she reaches the ball. Still worse, it may cause two players to run for the ball at the same time—a state of affairs which generally ends in confusion.

Individual Play. When forwards have learnt to combine, they should, by then, have found out with experience when to seize opportunities of getting through on their own. A player, finding herself with the ball well ahead of her line, should most certainly take it on by herself and endeavour to score, especially if she knows she is faster than her other forwards.

Those who can dodge well might vary their play by doing so, instead of passing, provided this method is resorted to only very occasionally. A defence player, who has been tricked in this way once, is sure to be on the alert the second time.

It is quite possible to kill a good deal of the life and initiative of a forward line by refusing to allow any individualism, but this is certainly not so fatal to play as absence of combination. Forwards will never be really difficult to play against until they have thoroughly grasped this fact.

Opening Out the Game. After the centre bully, the ball, as a rule, should be sent away from the middle of the field to relieve congestion and it should be passed out to one of the wings as soon as possible. These players occupy the most open positions for carrying the ball down the field and should be made good use of



A Centre Bully

Note, especially, the positions of the backs

between the two twenty-five-yard lines. If they stay well out, they can be tackled only on one side, after leaving their opposing half behind.

Forwards not taking part in the bully should, after its completion, be *quick* to cross over the line in order to be ready for a forward pass should their own player obtain the ball. Even if she does not gain possession, they are in a good position to receive a pass sent up from their defending players, and not in danger of being too much on top of them.

Tackling Back. Directly a forward is robbed of the ball, instead of letting it go without any interference, she should at once tackle back—that is, turn and tackle her opponent as soon as possible. In doing this, she must guard against hitting her opponent's stick before touching the ball, as this is against the rules. To be able to stop and turn quickly on these occasions, a player should dig her heel into the ground in front of her to check her speed altogether after it has slackened down, being careful not to slip; otherwise, she will overrun the ball to such an extent that there will be little hope of her recovering in time. Players must use their own judgment as to how *far* to tackle back. They must not get too much behind their line or interfere with their own defence.

When a forward, in tackling back, recovers the ball, she should pass—rather than dribble it on herself—to a player ahead of her, to save time, and then regain her place without delay.

Drawing Opponents. Generally speaking, a forward is more successful in passing if, when she receives the ball, she does not get rid of it till she has "drawn" her opponent, or, in other words, made her opponent

come forward to tackle her. If the forward passes a considerable distance away from her, it gives the defence more time to intercept. Just before making a pass, the player should quickly take in the positions of the defence against her, so that she can angle off her pass in such a way as to make intercepting as difficult as possible.

Looking for Weak Spots. Forwards should be on the lookout for weak spots in their opponents' game, and take advantage of them.

For example, one of the full-backs is often less reliable than her partner, and players who use their heads will pass to her side of the field when near the circle, should they have the opportunity. By so doing, they have the weaker of the two players with whom to deal when about to shoot. This, however, must not be overdone, or their tactics will become too obvious. Further, a player who is continually "hammered" may, with the extra practice, so improve, that she may cease to be a weak spot before the end of the game.

Hints on passing, dodging, shooting and rushing will be dealt with in a later chapter, under the heading of "Tactics."

Centre Forward

The player who chooses this position should make up her mind to be thoroughly unselfish, as she has more chance of making openings for others, than of taking advantage of them herself. This is due to the fact that the centre forward is, usually, the most carefully marked player on the field, especially if the centre half against her plays the orthodox game of sticking closely, in defence, to her opponent.

It is of the greatest importance that the centre forward should keep well in her place, so that she does not cramp the play on either side of her. She should be the player from whom the others take their relative positions, and, if she does not keep to hers, it, naturally, affects the rest of the line.

When bullies are taken by an inner or wing, however,



THE RIGHT PUSH
Follow-through of the stroke

the centre forward should move over slightly towards the ball; also at the roll-in, when her inner goes out to the five-yard line.

The centre forward, really, should be the strongest player amongst the attack, as her position is the most responsible, besides being one of the most difficult, for, usually, she is allowed very little room in which to work. This necessitates good control of the ball and stickwork, which also should enable her to appropriate

the ball at the bully and get it away before her opponents have time to interfere.

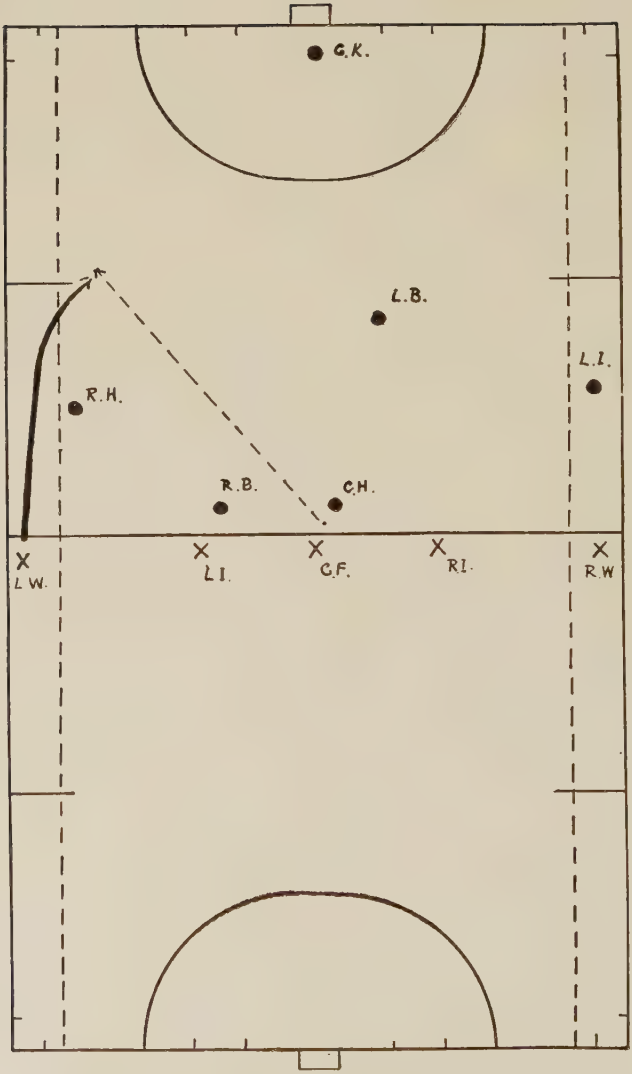
It must come as easily to her to pass to the right as to pass to the left, for one of her main duties is to see that the play is evenly distributed; if she can pass only to the one side her tactics will be painfully monotonous, and some of the players will, most certainly, be "starved."

A centre forward should be as fast as any of the others in the line in order to keep up with the player in possession of the ball, and so enable the latter to have some one always in the centre to whom she can pass.

She must, above all things, be able to dribble straight. Failure to do this is often due to poor technique. Players who hold the stick too close to their bodies with their elbows tucked in and the ball too much to the side, are sure to dribble towards the right and upset the combination of the line.

There is one notable exception to this rule on dribbling, which can be applied inside the striking circle. Should the centre forward have an opponent—other than the custodian—between her and the goal, she could quickly dribble across the player, push the ball to the non-stick side of the defence and shoot around her. The shot must not be hard, for her stick or even the ball may meet her opponent's legs.

When the centre forward has an opening in which to shoot she should have a better chance of scoring than any other player, because, in her position, she has the mouth of the goal directly in front of her, instead of being compelled to shoot at an angle. She should rush her own shots with the support of one of the inners,



A Pass from the Centre Forward to the Left Wing

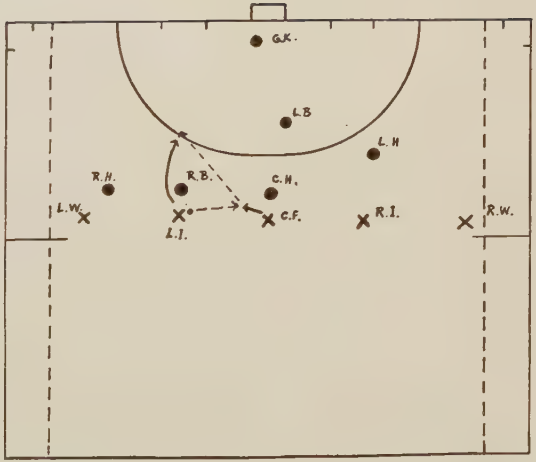
but, when both inside players are rushing, she should keep back, in case the ball is cleared down the centre of the striking circle. As a general rule, the centre should combine with her two inners, leaving it to the latter players to feed the wings, as a short pass is more likely to reach its proper destination than a long one. This does not mean that she should never pass direct to the wing, but she should do so only when she sees a really good opening. A diagonal pass between the centre half and full-back—away from the covering defence—should have a good chance of finding the outside player.

One of the most effective methods of attack between the centre forward and an inner is the "triangular" pass. It is especially useful near the circle as a means of putting the defence out of position and of giving a forward time to shoot, unhindered by an opponent.

The accompanying diagrams may help to make an explanation clear.

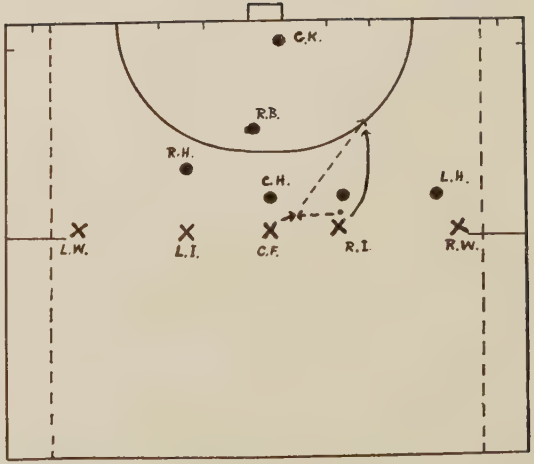
The inner, who is about to be tackled, push passes square to the centre. Without waiting to dribble, this player at once passes the ball forward to the same inner, who should be able to shoot before the far back can come across. The timing, direction and strength of these passes must be very well judged to enable players to succeed in this little bit of combination.

Tackling back is rather a problem for the centre player as she should not let herself be drawn too far out of her position, in case she cannot get back in time to her place in the event of the line starting to attack. Her opposing centre half, however, should not be allowed to dribble down the field unimpeded, as this will encour-



TRIANGULAR PASS

Executed by the Left Inside and the Centre Forward



TRIANGULAR PASS

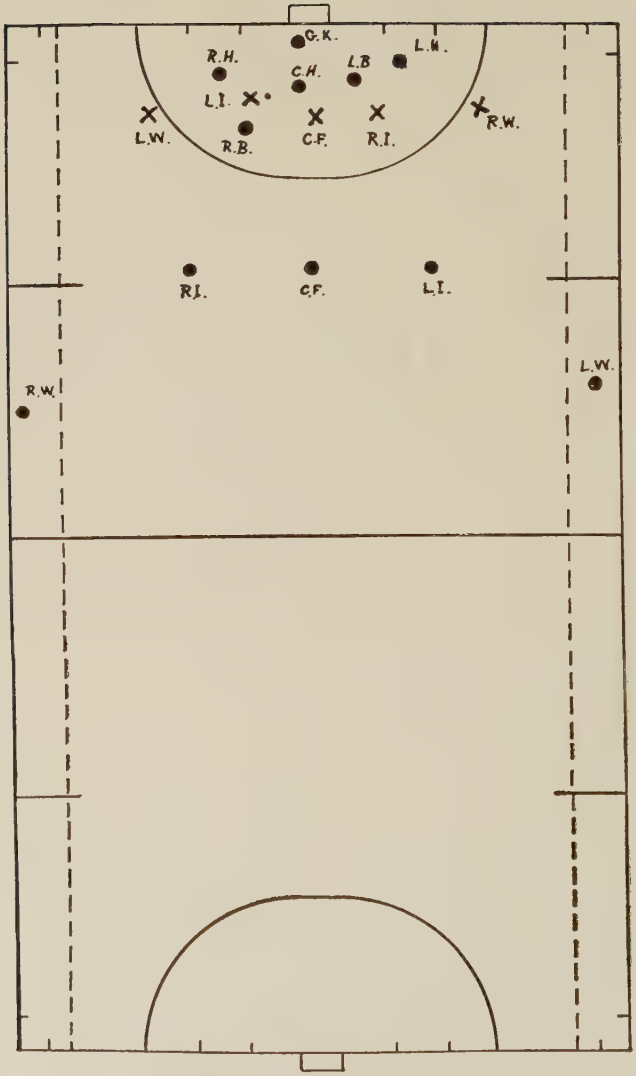
Executed by the Right Inside and the Centre Forward

age her to hold on to the ball until she has drawn a defence from the other side, leaving a forward free for a pass. Whenever practicable, it is better for one of the *inners* to tackle back, for it is not so imperative for these two players to keep so strictly in their right positions as it is for the centre forward. Even if the inside does not regain the ball, she is sure to make her opponent pass hurriedly, which, alone makes the attempted tackle worth the effort.

The position of centre forward is a good one for the captain of a team, as it is a great asset to have a leader who can keep a line together and give occasional words of advice. She should take it upon herself to warn players who get off-side, who continually hang back or who play a selfish game.

When corners are taken by the other team, the centre should make sure that none of her own forwards remain in the striking circle after their dash out from behind the goal line. If they cannot get to the ball in their rush, it should be left entirely to the defence to save the situation. Should the ball go through the attacking forwards to the opposing centre half, the centre forward is the one to prevent her from passing or shooting, as the attention of her own half will be concentrated upon the opposing centre forward.

In the event of the forward line being robbed of the ball, it is "up" to the centre to see that there is not too large a space between her forwards and their defence. If the opposing attack is within the circle, the three inside forwards should retrace their steps as far as—but not over—the twenty-five-yard line. The wings can wait still further up the field on the possibility of picking up a hard clearing pass.



Position of Defending Forward Line When the Ball Is in That Line's Own Circle

Left and Right Inside

These two positions are somewhat similar to that of the centre forward, except for the fact that they have considerably more freedom. Now that in the modern game of hockey full-backs play in a diagonal formation, it is impossible for them to mark both inners at the same time, unless the play is in their own circle, which leaves one of these players free on any other occasion.

Broadly speaking, the inner's position lies midway between the centre and the wing, but her *actual* place, at a given moment, depends, to a large extent, on the whereabouts of the ball. She must, at the centre bully, be prepared to combine with the centre forward and, therefore, should stand a good deal nearer to her than to the wing. Some inners come in as close to the ball as the rules permit, but this is rather exaggerating the point, and is unnecessary. Not only at the bully, but at any time when the centre forward has the ball, both inners must converge slightly towards her, for the same reason.

When the wing is in possession, the inner should be in such a position as to make it possible for her to be found by means of a flick or push. This only applies in mid-field, however, for should the wing hold on to the ball until she is almost level with the circle, the inner should have moved in again to a good position for shooting.

An inner should be careful to consider the speed of a wing when passing forward to her, as the ball should not be aimed as far ahead for a slow player as for a fast one. She should direct the ball down the

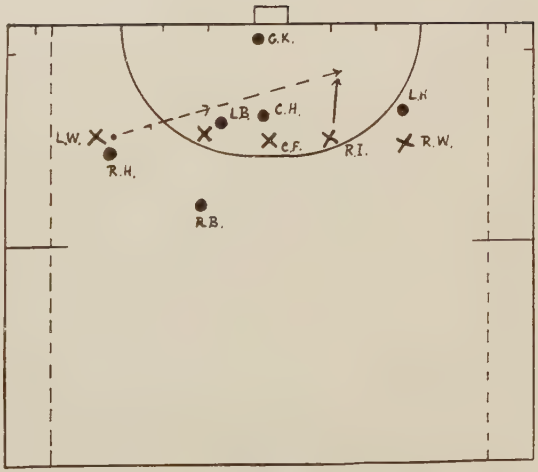
field, making it as easy as she can to keep it in play without sending it within reach of an opponent. A player who constantly "bangs" her passes out to the wing without thinking whether it will be possible to stop them or not, should, for a time, be made to play in that particular position herself. This is the best way to make her realise how needlessly she can increase the difficulties of another, and also to give her a more sympathetic understanding with her fellow player. The same plan might be tried with an inner who refuses to pass out at all, either because she will not take the trouble to learn to pass to the right or because she feels she plays more easily with the centre forward than with the wing. A safe rule for an inner is to use the wing in her own half of the field, but to find her centre forward when near her opponents' striking circle, should the necessity to pass arise.

On very rare occasions it is perfectly permissible for two forwards to interchange for the time being, when one of them may have a better chance of reaching the ball out of her position, than the player for whom it was intended. A right inner, for example, may have been left somewhat behind her line at the moment when the ball is hit rather far ahead of her and to her right, so making it difficult for her to pick it up in time. Then it is that the wing should use her own initiative and dash for the ball, definitely taking the inside position; while the forward in the rear tries to recover and take the wing's place. On no account must she run after the forward with the ball, either with the intention of taking it from her—as this is waste of energy and poor teamwork—or even of backing her up, as this should be seen to by one of her defence.

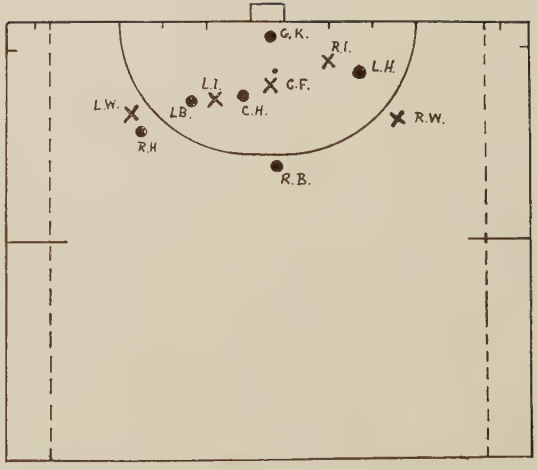
These players should keep to their new positions either until the ball becomes "dead" or is cleared right away from their part of the field.

Interchanging between forwards is looked upon as a sign of weakness in a team, because, generally speaking, it is needed only when one of its members has made a mistake.

Hesitation is almost as grave a failing with forwards as it is with the defence, for it prevents them from seizing opportunities and pressing home their attack. When a "forward" pass is over-hit into the opposite defence, the forwards running for it should not pull up to see what will happen. They should act on the theory that their opponent will miss it, and, should she do so, they will not have lost a second in their race for the ball. Even if the defending player fields it, they will upset her far more by maintaining their pace than by hanging back, for it will probably have the useful effect of making her clear hastily. Of course, forwards often think that by stopping they might be able to intercept the clear, but, if they would reason the matter out, they would soon realise that their own defence has a much better opportunity of so doing than they have. Another time, when promptness is everything and hesitation fatal, is on the occasion of a diagonal pass from one of the wings into the striking circle. Although a pass may be intended for the near inner or centre, the far inner should be prepared to take it, on the chance that the others may fail to pick it up. As soon as the ball is hit, that inner should rush forward to the spot where she calculates she could reach it. If she is undecided what to do and waits until the ball has



Diagonal Pass Across the Striking Circle by the Left Wing

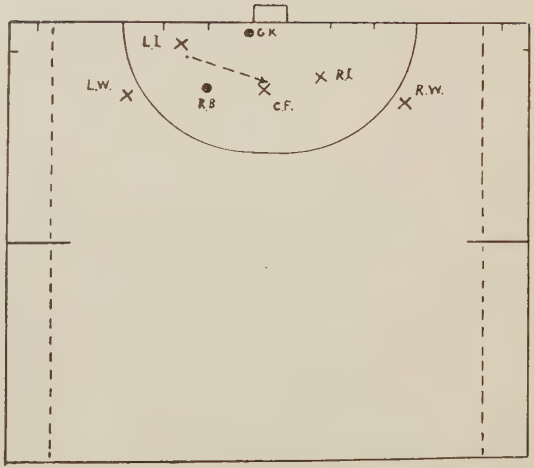


The Right Inner in an Off-side Position

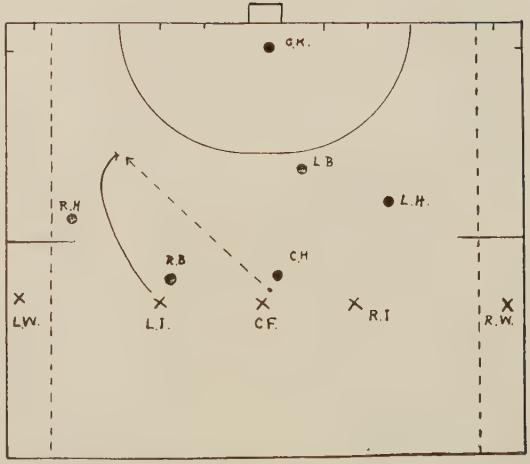
gone by the other forwards, it is sure to be too late for her to save it from going outside the circle, or even over the goal line. This player must be on her guard not to remain in a possible off-side position should the ball, after all, not come her way.

Although emphasis has been laid on the point that all forwards must dribble *straight*, it is quite allowable for an inner to veer a little towards the centre as she approaches the circle, after receiving a short pass from her wing. If she dribbled straight ahead, under these circumstances, she would not reach her proper scoring position unless she finally came in across the field—at right angles to the side line—which, of course, would delay her. Also, when an inner gets away with the ball and out-distances her other forwards, she should take the shortest path to the middle of the circle, in order to have the open goal at which to aim. When her line is up with her, she should dribble very closely in her opponents' territory to be ready to pass in at a moment's notice.

One of the main difficulties of a *left inside* is that of shooting, because it is so much easier to hit to the left than to the right. When making an attempt to shoot she must bear in mind two very important points —first to make a half-turn with her shoulders to bring the left one round towards the goal, and secondly, to be well up to the ball in order to have it on her right and not in front of her. She will find that to shoot quickly on the run she must learn to drive off her right foot, especially when aiming at the goalkeeper's non-stick or "blind" side. A left inner will score most frequently when she places her shot as close as she dares



A Back Pass from the Left Inner to the Centre Forward Inside the Circle



The Left Inner Picking Up a Diagonal Pass from the Right

to the farther goal-post—this being the spot which a custodian finds so hard to cover.

A *right inner*, when shooting on the run, at an angle, should have the ball somewhat in front of her, to insure plenty of room to swing the stick, but she must not have it so far ahead that the blade can only meet it in a laid back position and make the ball rise. She can hit off either foot, but she must remember to turn her left shoulder towards the spot at which she is aiming, otherwise the ball may go wide of the goal.

Passing the ball back quickly from near the goal line to a forward in the middle of the circle is awkward for the *left inside*. She should overrun the ball intentionally and send it in with a strong backward flick, in preference to wasting time in running round the ball. The right inner, under similar circumstances, can hit the ball back in the natural way.

When a left inner runs for a diagonal pass which is travelling too much to her left, instead of following in the path of the ball, she should make a slight curve outside it, to enable her to take it on her stick side at once, when she comes up to it. If she takes it from behind, it is extremely hard for her not to dribble the ball still further out of position.

Both inside forwards have difficulty in picking up passes from the right, especially if they need to be definitely stopped. The best way to do this is to place the blade square to the on-coming ball with the stick held well away from the body. Only the head and shoulders should be turned towards the pass, as the feet should be pointing down the field.

Left and Right Outside

One of the most important things a wing player can learn early in her career is to keep close to her outside line, and thus help to make the game an open one, and give the opposing defence as much as possible of the field to cover.

So many wings seem to think that their best position is by the five-yard line or even further in, and, by acting upon this mistaken idea, they cramp the rest of the line and make it easier for the defence to block the spaces.

It is only fair to add, however, that it is not always the wing's fault when she leaves her proper place. Passes, sometimes, are hit so feebly to her that she has to come well in if she is to receive them at all. If this happens frequently, a wing will arrive at the very logical conclusion that it is useless to stay in the five-yard area; and so the habit of playing out of her position becomes formed. Wings, also, are starved by selfish inside forwards, and this tends to make them leave their places to fetch the ball for themselves if they are to get any share of the game. Although this practice cannot be recommended, a player can hardly be blamed for adopting it.

Between their opponents' twenty-five-yard line and goal line, both wings should move into the field, and, when their three inside forwards are attempting to score, they should station themselves just outside the circle. Their chief duty, then, is to intercept clearing hits to the side and either to pass the ball in again, or, when the opportunity arises, shoot themselves. They should not make a practice of going into the

circle at other times, as it only crowds those forwards who are much better placed than themselves for scoring.

The outside players are mainly responsible for carrying the ball down the field, therefore they must always endeavour to be up with their line, and, when there is no danger of off-side, even some distance in front of it.

They must be on the alert to anticipate passes out, and they can help their line considerably by getting up speed before the ball is hit to them. So often a good pass is wasted by a wing neglecting to do this, but she must be careful to be in an on-side position when the ball is passed in her direction. Efforts to save the ball from going out of bounds should not be relaxed until it has actually crossed the line, otherwise wings will acquire the habit of running only for passes which they are certain of stopping. A right wing may be able to bring off almost impossible "saves" by using one-handed strokes, to bring her full reach into play, either by means of the left-hand lunge or merely by sliding her stick along the line in her right hand. Hard diagonal passes should not be sent so far ahead when playing to the left wing as to the right, for her only way of stopping the ball in front of her is with the reverse stick—a very difficult thing to do successfully. She should do her best to be level with the ball before receiving it, and she is more able to do so if she is out by the side line. The left wing should stop the ball in the same way as the left inner, but she has the added difficulty of having to do so before it goes "out."

An outside player must use her own discretion as

to when to dribble and when to get rid of the ball at once. On picking up a clearing pass from her own defence, she should dribble until she is at least well within her opponents' territory, if she can do so without much fear of losing the ball. As a rule, she should make a point of passing in before the twenty-five-yard line, so that she can centre in a somewhat forward direction. If she waits until she is on a line with the circle the pass may have to be a square one and this facilitates intercepting by her opponents. When a wing receives the ball near her opponents' circle, she should pass in with the least possible delay.

Wings should get away from the idea that their passes must always be hit sufficiently hard to reach the middle of the field, for they will find that short flicks to the inside are much more easily dealt with by the latter. She should, however, vary the strength and direction of her passes, and thus prevent her opponents from guessing her intentions.

When the opposing defence is marking closely on the edge of the circle, a free wing might try, occasionally, a long diagonal pass behind her opponents' backs right across to the far inner. If this is well directed, and if the goalkeeper does not come out, the inside should have a fair chance of netting the ball.

It is absolutely essential for outside players to be able to centre at full speed, as thereby they do not lose any valuable time in their attack. If they slacken their pace, or, still worse, pull up altogether, the whole line may have to do so too, for fear of being off-side. This may afford their opponents the opportunity of marking closely, or of recovering their proper positions, if left behind.

Although a right wing should have no trouble in getting rid of the ball, it is by no means an easy matter for the player on the *left*. She must dribble the



Backward Swing of the Right Drive

ball so near to her stick that it is always under control, and in such a position that she can flick it in at any given moment. For a hard pass the left wing must overrun the ball and centre it with a right drive,

in much the same way as an inner shooting on the run. Plenty of "wrist" is needed for this stroke and the body must be perfectly balanced. A left wing must be exceptionally fast to be of much use to her team, for, if she cannot outpace her opposing half-back, it will be well-nigh impossible for her to centre when she is closely shadowed. If she cannot do so by any other means, she might resort to the trick of stopping suddenly, pulling the ball back with the stick reversed and centring behind the half. It is, of course, a poor method of passing, as it wastes time and will only outwit a good half on the first occasion it is used. To prevent a half-back from robbing her after she has been overtaken, a left outside can job or scoop the ball ahead of her opponent's stick until she sees the opportunity of passing in.

Both wings should be able to drive well, as much for corner hitting as for centring. It can make a great difference to a team's chances of scoring if the wing, taking the corner hit, can send the ball exactly to the right spot. She should follow through *well* to make the ball travel as smoothly as possible, for this will help the player who has to stop it.

The positions on the right side of a forward line are considerably easier than those on the left, owing to the more natural way of playing the ball. Right outside is a particularly good place for the beginner, for this reason; another one being that a wing cannot disorganise the combination of a team to the same extent as a player in a more central position.

CHAPTER IV

DEFENCE PLAY

In the pioneer days of hockey, players with plenty of pace chose positions on the forward line, those not quite so fast played half-back, while the really slow attempted nothing more ambitious than full-back. At that time backs were never expected to go very far away from their circle, so, for them, speed was hardly necessary. When a player became too slow even for this position, she generally finished her hockey days as a goalkeeper.

Hockey has changed a good deal since those days, especially in defence play, which has become much more interesting and scientific. Tactics, now, are based on the theory that attack is the safest method of defence, and full-backs do much more in helping the halves to back up and in feeding their forwards than formerly. To do this successfully—in addition to their other duties—backs must now be as fast as any other players on the field.

Defense players, as well as possessing speed, should have plenty of endurance and pluck. They have very few opportunities for rest, as they must be well up behind their forwards in attack, and, when the tide has turned, be quick in recovering their proper positions for defending their goal. Confidence in themselves, and a thorough understanding of each other's play, are essential for the smooth working of the defence as a whole. One member can upset the play of

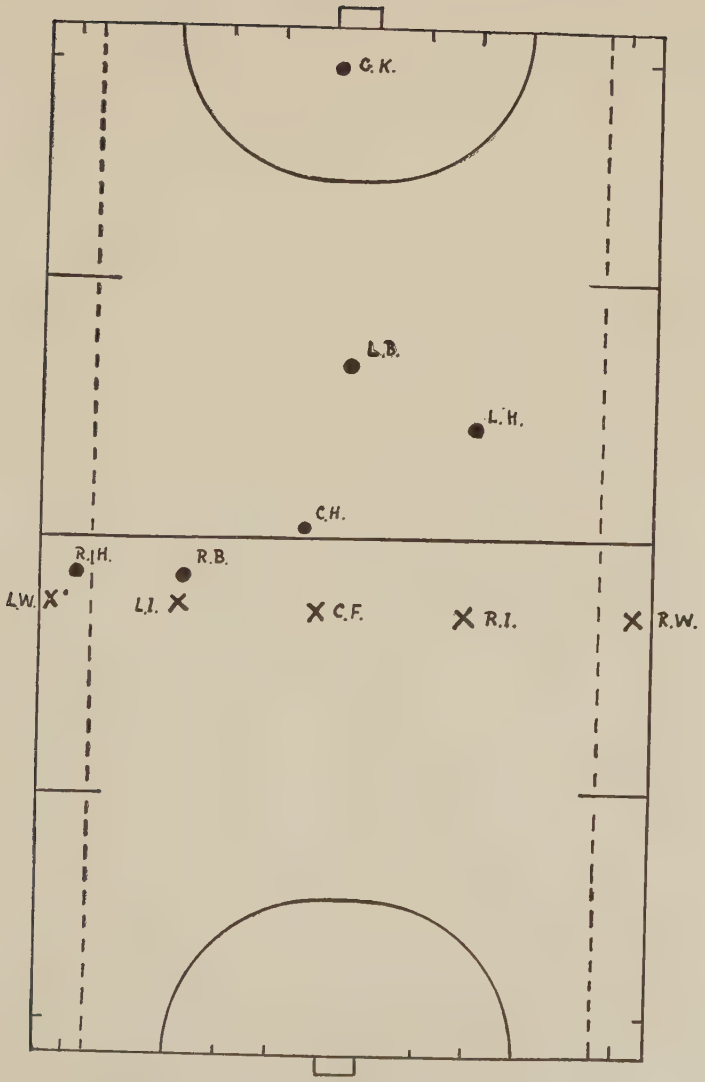
all the others by wandering from her place, hesitating, or even trying to do too much herself.

The ability to anticipate will come with experience, if a player tries to follow the game intelligently, always being on the alert for what may happen next.

All defense players should try to acquire a hard, clean hit, accuracy in fielding, and sound judgment in tackling. When in possession of the ball, they must learn to get rid of it quickly, but *not* without glancing up to choose the most favourable direction for their pass. They must be careful not to over-hit when passing up to the forward line, as this will end by the ball falling into the hands of the opposing defence.

Generally speaking, the four main duties of the defence are: 1. To mark their opposing forwards. 2. To cover each other's positions. 3. To interchange. 4. To back up their own forwards.

Marking. In order to play a reliable game, a defence must learn to mark closely. This means being not more than about a yard from a particular opponent, to keep her from receiving the ball, or, failing that, to be able to tackle without delay. Each one is individually responsible for an opposing forward, to whom, as a rule, she must "stick" whenever that forward, or the one next to her, has the ball. The defence on one side of the field must also be ready to mark whenever the opposing defence on that side has obtained possession of the ball and is bringing it up to pass to a forward ahead. These are important points for defensive players to bear in mind; it is not possible, or even necessary, to mark the whole time, this being only one of the many things required of them. Generally speaking, it is wise to mark on the goal side of an



Left Back and Left Half-back Covering, the Ball Being on the Other Side of the Field

opponent, but, occasionally, when opponents are standing still—but not inside the circle—a defence can be most disconcerting by hovering behind her, and dashing forward at the last moment to intercept.

Covering. When trying to break up an attacking movement by the opposing forwards, those of the defence who are not marking, should be further down the field in a covering position. It is foolish for the defence to play in a line across the field, as their opponents can run through this line quite easily by means of a forward pass into the unguarded space beyond. Against fast forwards defence players would require to be exceptionally speedy to turn and overtake their opponents in time.

When, for example, the ball is being dribbled by the opposing left outside, the defending left back should drop well to the rear and move across to the centre of the field, and so be placed to cover those who are marking. The back takes up this position to intercept long through passes, or to be ready to change with the right back or centre half, should either be left behind. At the same time, the left half also moves back, and comes in opposite the right inner in case of emergency. The center half should mark somewhat loosely, in order to deal with short forward passes; the right back being in a position to block square ones to the inner or centre forward. Although this formation leaves the right wing unguarded for the time being, it is quite immaterial while the ball is on the other side of the field.

The diagram may help the reader to a better understanding of the relative positions of the defence under these circumstances.

If the ball were in the possession of the left inside

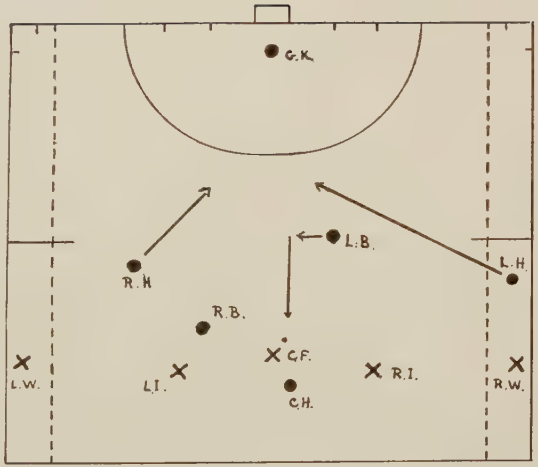
the centre half would have to be close to her opponent, as the forwards next to the ball have to be marked, whenever practicable, as carefully as the one actually with it.

Should the play swing from the left side of the field to the right, the formation of the defence would require to be reversed; the left half and back moving up to mark, and the players on the right dropping back to cover. When the centre forward has the ball, one of the inners has to be unmarked, to leave one of the full-backs free to cover. Under these circumstances, it is generally the left back who stays behind, it being easier for her to cross over and tackle a forward on the other side, than it is for the right back. The latter, in doing so, would be on the non-stick side of her new opponent and her tackle consequently would be less effective than that of her partner. Both half-backs should mark the wings loosely to stop forward passes, and to help with the general defence work.

Defence players have continually to be altering their relative places according to the position of the ball. They should be quick in backing each other up, so that directly a player is passed, another is prepared to tackle.

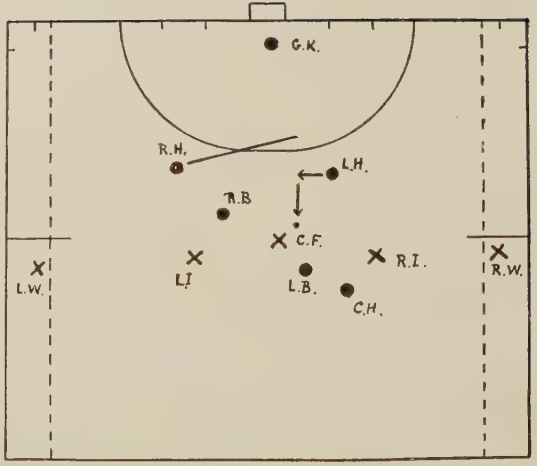
Players should cover only very slightly inside the circle and in such a way as not to obstruct the goal-keeper's view of the ball, or play too closely to her. The defence in the field is intended to prevent shots at goal being taken, but not to stand back and intercept them, for this is the duty of the goalkeeper.

Interchanging. It has been stated above that one reason for covering is to enable a defence player to take the place of another left behind for the time being.



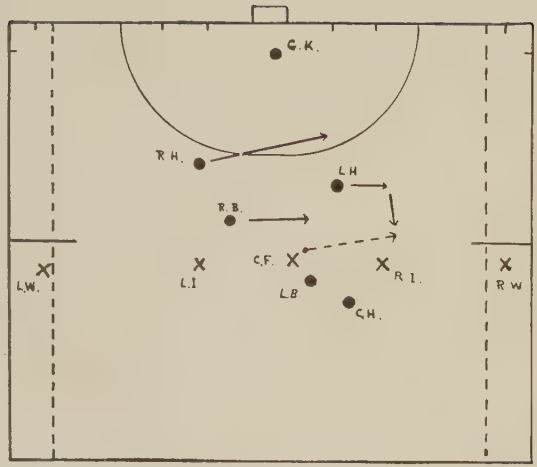
INTERCHANGING

Left Back going forward to tackle the free Centre Forward



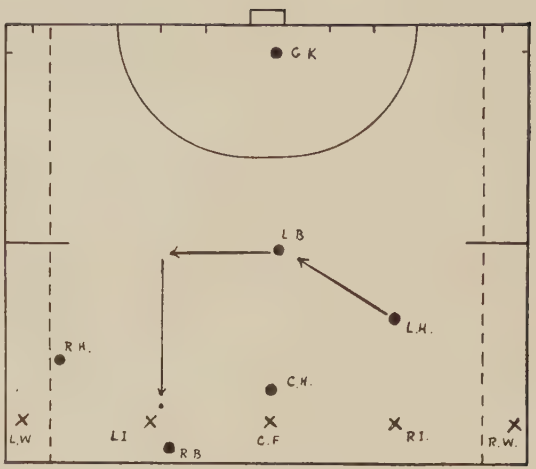
INTERCHANGING

Left Half going forward to tackle the free Centre Forward



INTERCHANGING

Left Half taking the Right Inner when the Centre Forward passes to her



INTERCHANGING

Left Back crossing over to free Left Inner

This is known as "interchanging," and, to be well done, requires skilful teamwork and good judgment on the part of the defence.

When one of the three inside forwards breaks away with the ball, evading her opponent, another member of the defence must endeavour to stop her. Should it be the centre forward who has made this breakaway, the left back must move up to tackle, while the left half goes in to take the back's place; the centre half doing all she can to recover and take the right inner. Supposing the centre eludes the left back by dodging, her half must then go forward to prevent her if possible, from entering the circle. The right half, at the same time, endeavours to reach the middle of the field in a covering position. Should the centre forward pass to the right inner instead of dodging, the left half should tackle the player with the ball, the right back should take the centre and the right half cover. It is wise, as a rule, for the centre half—in defence—to concentrate her energies in "sticking" to her own particular opponent, allowing the full-backs to interchange, when such a move is necessary. In this way the centre forward is not left unmarked for a moment, when either *inner* is in possession. If the centre half went off to tackle a free inside, there would be a certain space of time during which the centre forward would be left unguarded, before the covering back could come up to mark her. An inner who was sufficiently quick, could take advantage of this opening, and get in a pass while the interchange was being made.

When a back has been passed, instead of remaining "out of the game," she should cross over at once to overtake the far inner and try to get into a position

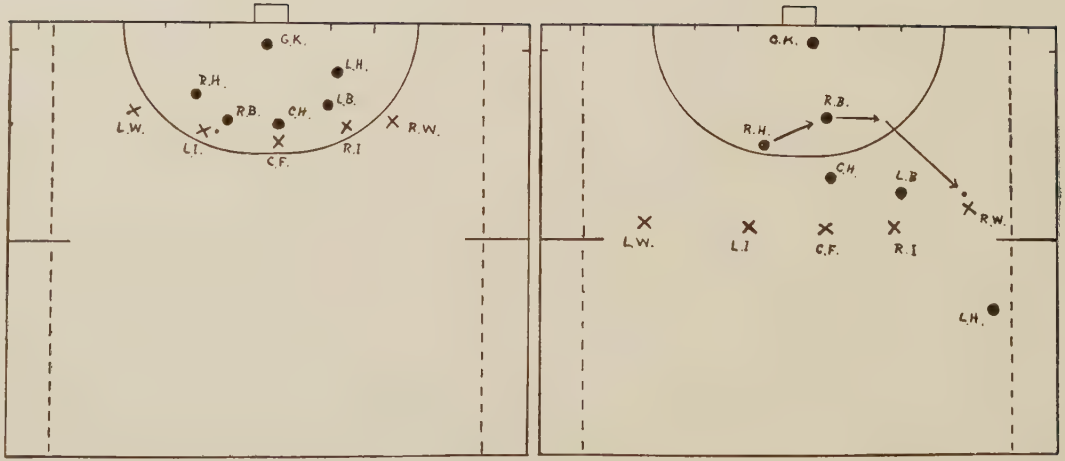
for covering on that side of the field. The wing half should undertake this duty, until the back is able to do so.

Full-backs, when inside the circle, do not have so many opportunities of interchange as they have outside of it, owing to the fact that they cannot cover in the same way, and because situations have to be handled with the greatest promptitude.

Half-backs must be prepared to give more help on these occasions, and the one who happens to be in the best position for tackling should try to prevent a *free* inner from shooting. When the right inside is about to shoot, the left half is the proper player to do this because she is on the stick side of her opponent. A centre half, for the same reason, should be able to deal with the left inner successfully, provided the left back is very prompt in taking the centre forward, for the ball might be passed to her when the inner sees she is about to be tackled.

A wing half must not expect much assistance herself from the other players, as it is the policy of the defence to keep the centre of the field—the danger zone —well guarded. She should be given time to overtake the wing when this player has passed her, the back merely running parallel with that forward, ready to intercept her centre, but also at the same time marking her inner.

If the wing crosses the twenty-five-yard line still unmarked and begins to curve in as if with the intention of shooting, the back on the *far* side should be the one to tackle her. The full-back contiguous to the wing *must not* leave her inner, as this forward is in too dangerous a position to be neglected for an instant. The



Position of Defence Inside the Circle When the Left Inside Has the Ball

Right Back Crossing Over to Tackle the Right Wing Before She Enters the Circle

other back will only be in time to reach the on-coming wing before she enters the circle, if she anticipates this by moving across to a position behind her partner full-back. Should she fail to do this, the centre half should go "off" instead, leaving her opponent to be taken by the covering back. It is most important that the wing be stopped in *good time*, because, once *inside* the circle, she is sure to try for a shot. The half-back on the side of the field away from the ball must leave her own opponent and come in on a line with the inner next to her.

Although this interchange may be considered rather unorthodox, it has been tried out with good results, for it tends to tighten up the defence on that side from which the attack is coming. Another method allows the *near* back to go out to the wing as she dribbles towards the circle, but it so often happens that, as the defence is advancing in her direction, this forward will pass the ball to her inner before that player can be marked.

The only time that it is safe for the back to go out to the five-yard area is when the ball is out of the wing's control, and the back can be fairly certain of reaching it first, but, in case of a mistake being made, the half should try to take the inner. Players who have interchanged should retain their new positions until the defence has cleared the ball up to its own forward line.

Backing Up. Directly a forward line has been set in motion with a well placed pass, its defence players should turn their attention to backing up, leaving the full-back on the farther side from the ball in reserve. They must be quick to sense when the right moment has

come to cease marking and follow up the ball, so that they can assist in the attack, not leaving too wide a gap between themselves and their forwards.

Neither of the two backs should go as far up the field as the halves, as they should be in a position to defend if the ball is cleared out to the opposing forwards. They must still keep their diagonal formation even in attack, and not run the risk of having the ball sent in between them, should their team be dispossessed. When backing up *near the twenty-five-yard line*, the defence should make a point of passing to one of the three inside forwards, because it is easier to score from a central position than from one at the side. A half-back need not think she is overstepping the bounds of her position if she takes advantage of an opening to shoot herself. Opportunities of this kind do occur sometimes, as, for instance, when the forwards are well inside the circle and a half intercepts a clear on the edge of it, with an open path to goal. A shot coming from a defence is, usually, most unexpected and surprise should be the very essence of attack. When their forwards lose the ball, the halves must try to cover the spaces through which a pass could be sent to the opposing line. If they fail to do this they must quickly retire to mark or cover.

When a defence feels that her endurance is giving out, as may sometimes occur towards the end of a hard game, it is better for her to concentrate on defence work and cease to back up for the time being, if she really feels that she cannot do both. So often, tired players get entirely left when they hover between defending and backing up, as they are unable to go far

enough up to help in the attack or to recover sufficiently to mark.

Tackling. Some players never seem to be able to judge the right time for a tackle, however long they may have played hockey, and often they try to make up for this weakness by relying on intercepting. Others appear to have a natural instinct for choosing the most opportune moment and act upon it; while others may know when they should tackle but hesitate about doing it. Indecision is a most irritating fault in a defence player, as, besides upsetting her own game, it tends to disorganise the game of those with whom she is playing. It is really almost better for a player definitely to do the wrong thing than to hesitate over her course of action, because, in the former case, her own team at least know what she is going to do and can be prepared for eventualities. It is always best to tackle when the ball is out of an opponent's control, whenever this is possible, otherwise the forward may be able to pass before the defence can reach the ball. This, however, must not prevent a defence tackling when the ball is dribbled closely, as her opponent may make a mistake or try to run "through" her. In any case, the defence has accomplished something by making the forward pass, as there is always the possibility of the ball being intercepted by another defending player.

The surest method of tackling is to go straight forward to the ball keeping both hands on the stick, but well apart, for good control. Instead of wildly hitting at the ball, the stick should merely be pushed against it —gently but firmly—the handle being sloped a little forward to prevent the ball running up. The player's

weight should be kept behind her stick but thrown on to her front foot to add force to the stroke. Some players prefer the left foot forward, but there is no doubt that more strength is obtained if the right one is in front in a direct line behind the blade. This tackle is a blocking stroke rather than a hit, as in this way a player can keep the ball close to her stick after her opponent has overrun. The player, in tackling must not place herself directly opposite an on-coming opponent, as a collision may result.

Should both players be standing still, with the ball between their two blades, all a defence need do is to press hard against the ball and, with an upward movement, pull it over her opponent's stick.

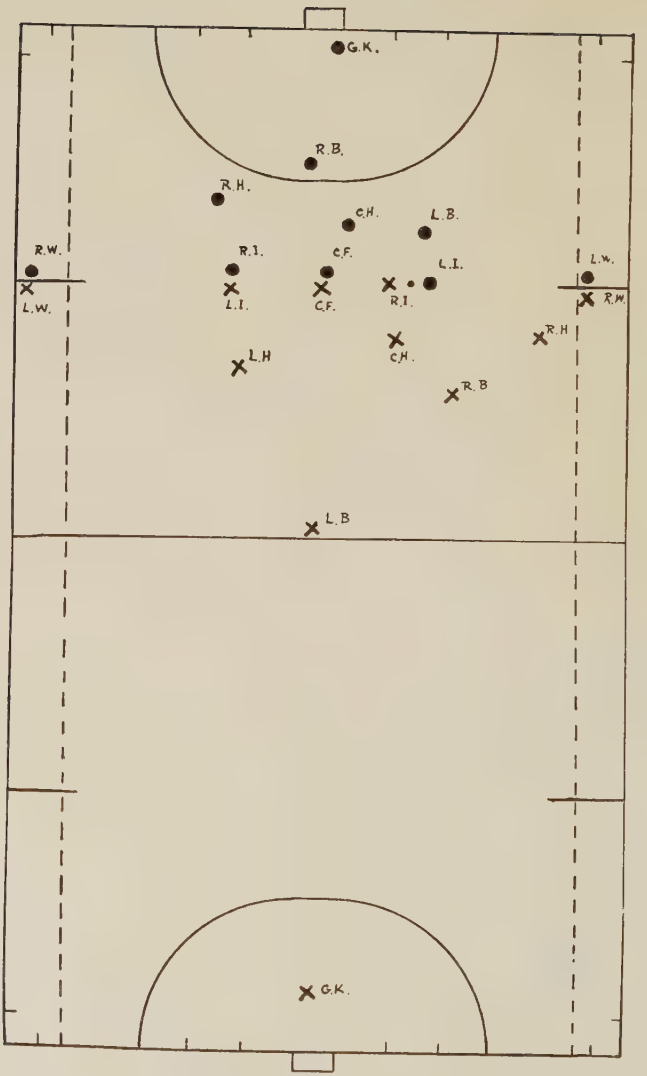
A defence can tackle more firmly and accurately when she is able to run straight forward to the ball, rather than at an angle to it, as, in the latter case, she cannot place her weight so well. She should try, whenever practicable, to tackle on her opponent's *stick side*, because she will be less tempted to foul than if she endeavoured to tackle on the other side, quite apart from the fact that she would be able to use more effective strokes. There are special occasions when a defence *must* tackle on the non-stick side, but these will be dealt with later. When a defence is overtaking on the right of her opponent, but is unable to reach the ball with both hands on the stick, she will find the left-hand lunge a very useful stroke. It is extremely difficult to tackle on the left side without fouling, unless a player draws level with her opponent before using such spoiling strokes as the right cut, job or right-hand lunge.

If the defence is faster than her opponent, the surest

way of getting control of the ball, when overtaking on the left is to push it forward and dribble it round in a semicircle to the right, just out of her opponent's reach. This circular tackle must never be used to the left as this, naturally, would cause "turning on the ball."

A player should intercept—rather than wait for her opponent to receive the ball and then tackle her—as this quickens up the game considerably. It must be done with caution, however, as it is safer to mark than to risk dashing forward to block a pass when there is only a remote chance of getting the ball. When a defence misses she will be left entirely "out of the game" if she cannot pull up quickly.

Clearing. Often it is sound tactics to pass at once after tackling, to prevent a forward from tackling back, but there are times, however, when to draw an opposing defence by dribbling is better than getting rid of the ball right away. It is as well to adopt the principle of never dribbling *within the striking circle*, except when the circular tackle is used. The ball should be cleared so quickly from this area that opposing forwards have little opportunity of regaining it. Nevertheless, a defence must have a definite objective in view for her hit, in order that the ball can easily be picked up by one of her own side. She should send the ball to a wing or half, on her nearer side, but she must *never* clear across the circle or down the centre, as the ball might be snapped up and shot by a forward waiting for just such an opening.



A Twenty-five-Yard Bully

Centre Half-Back

There is, undoubtedly, no player on the field more hardly worked than the centre half, as it is her duty to mark the forward who is best placed for shooting, and, in addition, she should be the most useful of the defence in backing up her line. It is obvious, therefore, that if she is slow and fails in any of her duties it can be most disastrous to her team, and no one should undertake this position unless she is very fast and untiring. She must "use her head to save her legs" to prevent herself from being worn out unnecessarily, for it makes all the difference to a centre half if she can tell where to place herself for intercepting. This position is probably an ideal one for a captain, for, while she can help to control the forwards in front of her and assist the centre forward in distributing the play, she should also be able to direct the tactics of the defence as a whole.

Centre halves, as a rule, make the mistake of doing too much of the general defence work to the neglect of marking the centre forward for whom they are directly responsible. This is probably due to the fact that they are usually the best of the defence players and feel they are more capable of stepping into a breach and spoiling an attack than any of the others. Although this may be so, it generally proves, in the end, to be a poor policy, as it weakens the position of the defence in the middle of the field and will lead to misunderstanding and lack of self-confidence on the part of the rest of the defence.

When a centre half really concentrates her attention on her own particular opponent, allowing the other players to interchange, the most dangerous part

of the field is always guarded, and the centre forward is "bottled up." There are occasions, of course, when so many of the defence players are left behind that the centre half *has* to leave her opponent and tackle the one with the ball.

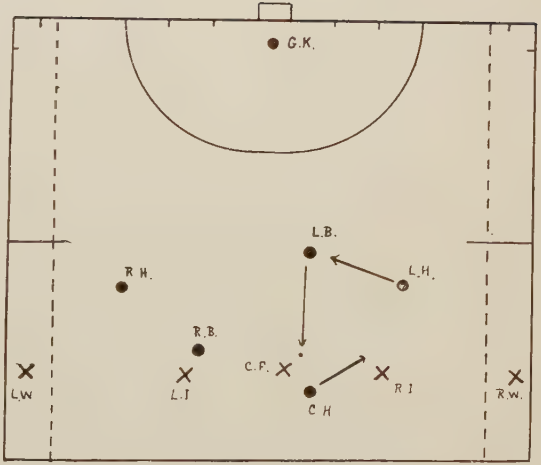
At a centre bully she should take up her position about three yards behind the ball, but a little to the left, so that she is able to intercept a pass on her non-stick side. She must always be on the lookout for a back pass from her own centre forward, for, if she lets the ball slip by her, it will put her opponents on the offensive at once. She should always steady a back pass on her stick before getting rid of the ball, as this will make her pass more accurate. Her best way of opening out the game is to find the free inner. She should have noticed before the bully started which of the two opposing backs was in a covering position and know ahead of time in which direction to pass. As soon as the forwards have got up speed with the ball the half-back line should follow up in support, a little distance behind. The centre half has then more space in which to work, as she should help to back up the inners as well as the centre, for neither back must risk going as far into her opponents' territory as a half-back. When a bully is taken on the far twenty-five-yard line, the centre half should back it up when it is near the centre, whichever forward takes it. Should it be well out to the side this can be left to a wing half.

On most occasions, a centre half should stay outside the striking circle when her own forwards are endeavouring to score, for fear of cramping them. When they are round the mouth of the goal, however, she might wait just inside, as the goalkeeper may

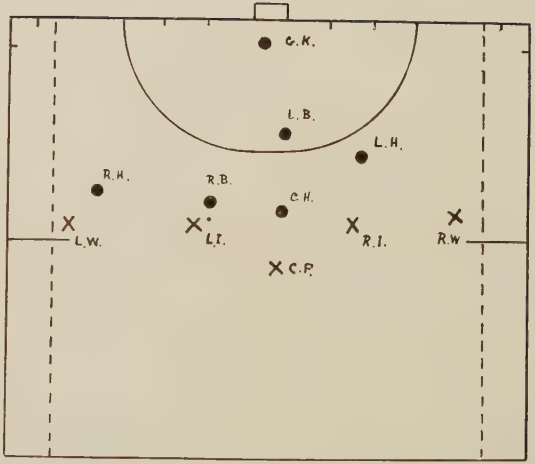
clear in her direction and provide her with an opening for a shot.

The necessity for speed in a centre half is especially seen when her forwards have failed to score and the ball has been sent up to the opposing forward line, which has been waiting some distance up the field for just such an opportunity. If the centre half is too slow to overtake the centre forward on these occasions, the backs will have difficulty in stopping the rush, if the attacking players are passing cleverly from one to another. Assuming that the centre forward receives the ball when the centre half is still too far away to tackle, the latter should let one of the backs come up to take her opponent, while she crosses to the free player. This is a safer plan than allowing the centre half time to deal with her opponent herself, for inside forwards should never be left to dribble the ball nearer the circle if it is possible to stop them at once. If the back tackles and clears successfully, the centre half must quickly change her tactics and retrace her steps, thus enabling her to take part in the attack.

Except inside the circle, a centre half need not mark her opponent closely if the latter is some distance *behind* the ball when her line is in possession, as defence players should always endeavour to position themselves, in defence, nearer their own goal line than the ball is. By doing this the centre half is ready to help in the general defence work should she require to leave her opponent in case of dire necessity. Furthermore, it is most unlikely that the centre forward would be used until she has caught up with her line, or entered the circle. The defence must be on the watch to assist



CENTRE HALF INTERCHANGING WITH THE LEFT BACK, WHEN SHE IS UNABLE TO OVERTAKE THE CENTRE FORWARD



CENTRE HALF MARKING LOOSELY WHEN HER OPPONENT IS BEHIND HER LINE

each other in getting the ball away to the forward line, for, at times, it is advisable for one defence player to pass out to another, when there is no immediate opening for a pass forward. After tackling, a short push pass to a near-by defence may possibly stop a player from obstructing as she clears.

A centre half may sometimes find herself with the ball a considerable distance behind her forwards. Instead of hitting a long pass which will probably be snapped up by an opponent, she should dribble up until she draws a defence from the other side and then, but not till then, get in her pass to the free forward, sending the ball to the left of the on-coming player when this is feasible.

Defence players, as a rule, do not often err in holding on to the ball too long as they do in not getting "off the mark" quickly enough, and in being too leisurely over their dribbling. This is the reason why forwards are often successful in tackling back.

The Wing Half-backs

A wing half is responsible for the marking of her opposing wing, in defence, and for the backing up and feeding of her forwards, in attack. In addition to this, she is expected to help in the general defence work of covering and interchanging, and, when her own forwards are attacking, she must assist the centre half in supporting the inner, to avoid the necessity of the backs coming further up than is reasonably safe.

The *left half* has a considerably harder task than the right, as she is opposed to the forward whose

position is considered to be the easiest in the line. Unless she stays close to the touch line she will find herself on the left, or difficult, side for the tackling of her opposing wing. Of course, she must go further into the field when she sees the chance of intercepting; when the ball is on the opposite side of the field; or when she has to take the place of a back. Should she fail in an attempt to intercept, she should make every effort to overtake the wing on the *left*, to put herself in a position to stop the forward from centring. This may seem to be a statement contradictory to the one above, but the half-back's position in relation to the wing depends on whether she is facing her opponent or is left behind by her. Right wings have a favourite trick of dodging round the half by pushing the ball to the latter's non-stick side and, after running round on the other, picking up the ball when clear of her opponent (See Dodging, Chapter V). If the left half is in her proper place she will not allow the wing sufficient room for this manœuvre, because if she tries it, the half should be able to intercept the ball, or else, in all probability, it will go over the side line.

When a left half runs forward to intercept a diagonal pass from inner to wing, she should curve around the ball in much the same style as a left wing picking up a pass, for if she does not do this, she may send the ball out of bounds.

The right cut is the most useful stroke for this half-back when she is on the left of her opponent, because she will very rarely have space enough for the circular tackle, unless the wing has come well in.

A *right half*, being opposed to the left wing, should

not find her defensive duties very onerous, so long as she marks this forward closely when opponents on her side of the field have the ball. Left wings have so many difficulties with which to contend, that an experienced half should be able to hold her opponent



THE RIGHT CUT

in check with comparative ease, provided she is fast enough to be able to mark her. This half should always endeavour to be on the stick side of the left wing both when going forward to tackle her and when overtaking her. In the latter instance, she should be careful, when using the left-hand lunge, not to hit the ball over the side line.

When the left wing takes the ball down too close to the goal line for a square centre, the half must be prepared for her trick of stopping and pulling the ball back before sending it in. If the half can anticipate this, and check her speed in time, she should be able to get in her tackle before the wing can pass.

Neither half-back should mark her opponent closely



THE SCOOP
Beginning of the stroke

when the ball is in the centre of the field, for she can then be in a position to intercept "through" passes to the wing, or take a back's place should she have to cross over to an opponent other than her own. An over-zealous half, however, may err on the side of helping her full-back too much by going in to tackle the inner when the latter defence is slow in coming up from a covering position. This leaves the wing exposed, for an orthodox back will not dare go out

to mark her. The half-back should "stick" to her own opponent and not meddle with the play of her full-back, unless the former is far up in her opponents' territory, or unless an interchange *has* to be made.

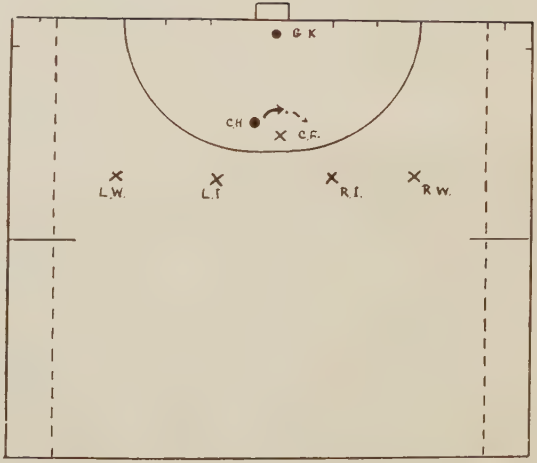
The scoop pass can be very useful to a half when she wants to send the ball up to her own wing, but finds the opposing half is blocking the way. With



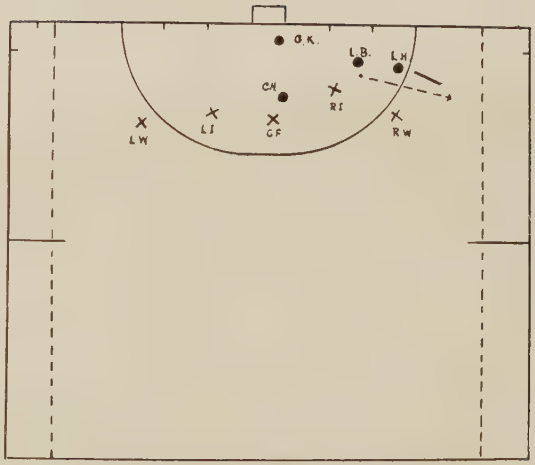
THE SCOOP
Follow-through of the stroke, the ball being lifted about two feet off the ground

this stroke she can lift the ball over her opponent's stick and pass to her forward without much risk of its being intercepted. It should not be used, however, when a push or drive would meet the situation, as a player cannot execute this stroke without slowing up.

A half-back may be able to shake off her opposing half by dodging, or by the trick of dribbling across to her opponent's "blind" side before pushing or hitting the ball up to her wing. Much the same device is de-



CENTRE HALF EXECUTING A CIRCULAR TACKLE ROUND THE CENTRE FORWARD



LEFT BACK PASSING OUT OF THE CIRCLE TO THE LEFT HALF

scribed under centre forward play, when an opening for a shot from the centre is covered by a defence.

Passes should be sent to the wing in as forward a direction as possible, so that she can work up speed before picking up the ball. If the passing is too square, the ball may be allowed to go out of bounds, besides making it more difficult for the wing to "get off the mark."

When the ball is inside her own circle a wing half must watch the play of her back very attentively. She should place herself in such a position that, while marking the wing loosely, she will lose very little time in reaching the inner, should she slip past her opponent. If her full-back procures the ball, the half must quickly move out and away from her opposing forward and be ready in case the back should pass to her in preference to the wing. This especially "holds good" when the goalkeeper has saved a shot, for she should clear in as parallel a direction to the goal line as possible.

One of the chief duties, of course, of the wing halves is the roll-in, but as this will be discussed in the next chapter, no further mention of it need be made here.

The Full-backs

It is more essential for the two backs to understand each others' tactics than for any other two players on the field, for they have to work together as a pair and not as two individuals. They have to cover and interchange more than the rest of the defence players, and the position and play of the one is largely influenced by that of the other.

Back play is not quite so exhausting as that of the half-backs, as it does not cover such a large area of the field, because of the backs having to be slightly more defensive in their methods than the halves. At a bully on the centre line, one back should be level with the centre half, ready to mark her opposing inner or to follow up her own forwards as soon as the ball is put into general play. The other player, of course, must be well down the field in a covering position.

Full-backs must be careful not to spread too far apart across the field, as in this way inside forwards are much more likely to get through them, and it tempts the backs, as well, to interfere too much with the opposing wings. When marking, the left back should move away from the centre rather more than the right back, in order to be on the stick side of her opposing inner before she needs to tackle. Should her opponent get by her, the left back must attempt to recover on the inner's non-stick side when near the striking circle. Although this makes tackling harder, she must not risk being compelled to use the left-hand lunge, should no other defence be there to interchange, as this stroke would probably send the ball in towards the centre and do more harm than good.

Right backs are sometimes inclined to hit across their goal circle when awkwardly placed for a quick pass out to the side, as this is the easiest thing to do under the circumstances. To cure them of this nefarious practice, they should be made to realise that it is virtually playing into their opponents' hands. It is far better to take more time, if need be, over the clearance and send it in the safer direction. Some players have the habit of pulling the ball with the reverse

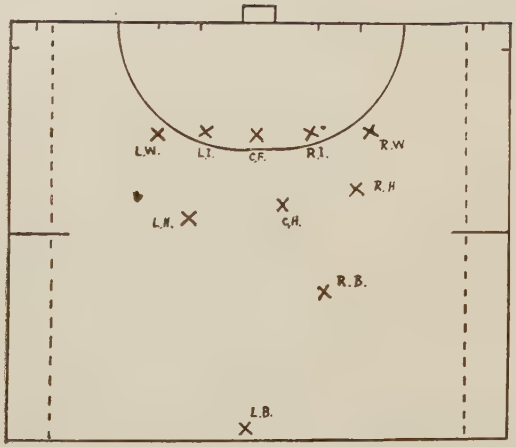
stick into a comfortable position for hitting, but this will often cause "half-turning" when an opponent is on the left of the player who is about to clear. The speedier and more reliable method is for a player to move her feet in relation to the ball, before getting rid of it.

Then, too, the defence must try not to dribble across the circle, nor in fact across any part of the field, for it is merely waste of time when no progress is being made towards the goal, and when a pass would meet the situation infinitely better. This, of course, does not apply to the circular tackle.

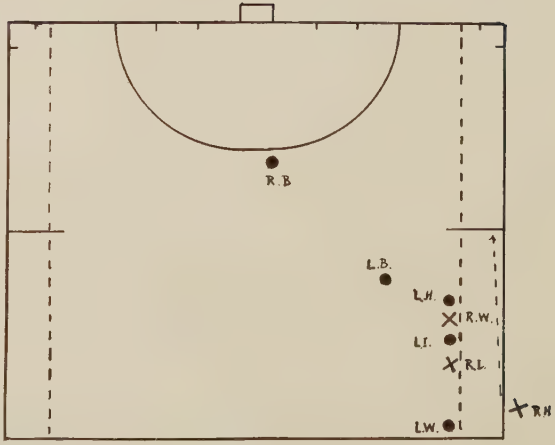
When a full-back gains possession of the ball beyond her own twenty-five-yard line, she can open out the game and relieve the players on her side of the field by a long diagonal pass across to the unmarked inner, but she must be careful not to hit too hard, and thus risk sending the ball within reach of the covering defence.

There is no excuse for backs returning a hard hit on the "fly"—that is, without stopping the ball first —for this is a most dangerous practice and usually results in the ball being raised in the air. They *must* take the time to control the ball first, even if forwards are rushing them, and, if they are able to dodge, this will give them the opportunity of passing accurately without being hurried. A good back, when not too closely pressed, will often field the ball with her hand as this is the surest way of controlling it, unless on a poor ground, in which case the ball is likely to bump.

It is unwise for the backs to go as far up the field as their opponents' twenty-five-yard line to back up bullies. They should leave this to the half-backs, and



Defence Players Backing Up Their Forwards Near the Circle, the Ball Being on the Right Side of the Field



Position of the Backs at a Roll-in

hold themselves in reserve to guard against the likelihood of the opposing forwards starting an attack. At other bullies, they *should* do the backing up whenever they are taken by the inners, provided that the bullies are not too far out of their own positions on the field.

When the inners go out to the five-yard line for a roll-in, the back on that side need not follow her opponent, as this would take her out of her place and would crowd the players by the line. On these occasions, inners are in the habit of marking each other, while the back places herself in such a position as to enable her to stop her opponent, should that player get clear away with the ball.

A back may sometimes have to take on the duties of the goalkeeper, should the latter momentarily leave her goal when the ball is in the circle, but she should remember that although she accepts the responsibilities of the goalkeeper for the time being, the rules do not allow her the same privileges as that player, therefore she must be careful not to give away a possible penalty bully by using her feet.

The Goalkeeper

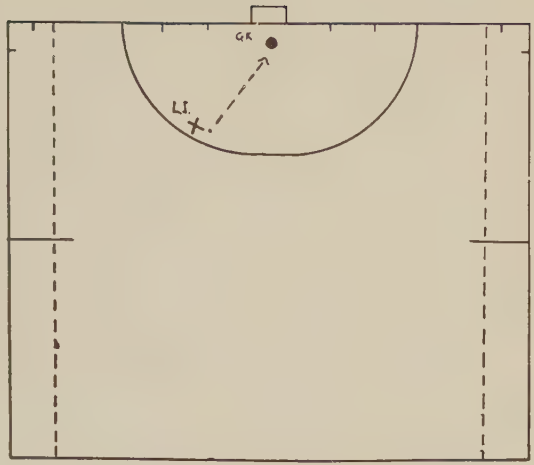
The position of goalkeeper to the average player has very few attractions, as it offers many hard knocks and very little activity. Once, however, it has been given a fair trial a player often changes her opinion about this position, and finds that goalkeeping may provide more thrills than any other place on the field. Certainly, on wet days, or when the goalkeeper has little to do, it may be anything but desirable, but in

every position the "rough must be taken with the smooth" and the good days have to compensate for the poor ones.

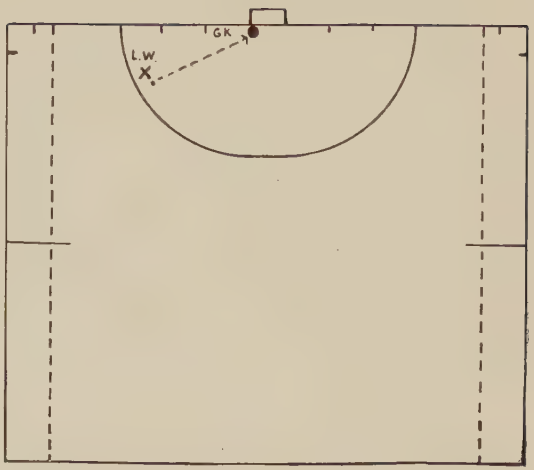
Players who choose this position or who are pitchforked into it, should have plenty of pluck, a cool head for emergencies and a very good "eye." They must also be able to make decisions quickly and stick to them when made, without hesitation. A goalkeeper who can make up her mind will inspire confidence in the rest of her team, and this, naturally, is of the utmost importance.

When taking her place between the posts, the goalkeeper should stand at least a yard in front of the line to make sure of stopping the ball *before*, and not *after*, it has gone into goal. Furthermore, a player will discover that she can guard the mouth of the goal more easily if she is a little distance away from the line instead of standing upon it. To avoid losing the position of the posts behind her, she may find it a help to scratch a line from the base of either post several yards into the circle, at right angles to the goal line. When the ball is in the centre of the field the goalkeeper should be a little nearer to the left side of the goal than to the right, in order to have less space to cover on her non-stick side. When expecting a shot to her left, she should keep her weight on her right foot to enable her quickly to put out the other one to stop the ball. Whenever possible, she should try to "save" with her legs together, but when the shot is aimed at her extreme right she may find herself compelled to rely on her stick alone.

The goalkeeper must watch the ball very closely in the circle and change her position according to the



Goalkeeper's Position When a Shot Is Coming from the Left Inner



Goalkeeper Close to Post Ready to Save Shot from an Acute Angle

direction from which the shot is coming. She will be more accurate in judging the line of the ball if she adopts a somewhat crouching attitude, with the knees bent and the body leaning forward. It will also help her to be quick on her feet, as her weight will be off her heels.

While waiting for a shot from either inner position, the goalkeeper must remember to face the ball squarely and keep the *far* goal post covered with her legs, as the inside of this post is the usual spot aimed at and it is very difficult to protect unless the legs block the way. Of course, she must be prepared to "save" shots to the other side as well.

Should the ball be hit by the wing from an acute angle, the goalkeeper should place herself close against the nearer post to prevent the ball from slipping in on that side, and, with her stick and pads, she should be able to cover the whole goal mouth.

The safest method of stopping which a player can use is to place both feet and legs together behind the ball. Some prefer to field with the stick held in front of their feet, but there is more risk of the ball glancing off the stick into goal than off the legs. It is, however, easier to keep the ball close for quick clearing when the stick is used, as it can "give" to the shot; the feet, on the contrary, should be kept still when meeting the ball in case it goes between them. When the shot is "saved" by the legs, the knees should bend slightly to direct the ball down but a goalkeeper must not jump towards it, as it is sure to rebound some distance off the pads out of reach for clearing promptly.

The quickest way of clearing is for the goalkeeper

to kick (for she is allowed to do this by the rules), using the inside of the instep or—if the ball is just off the ground—the front of the leg. The ball can either be stopped first and kicked away or, when a player is very pressed for time, it can be kicked on the fly, the latter way being, of course, the more risky. Goalkeepers must avoid using the *tip* of the toe or the *top* of the instep, as this may lift the ball to the danger of on-coming forwards. To insure keeping the ball low when kicking on the fly the leg must not be *swung* forward. It should merely be pushed towards the ball at the last moment, the knee slightly bent and the foot sliding along the ground. In this way, the distance of the kick is largely influenced by the force of the shot. A slow travelling ball is, therefore, less likely to be cleared outside the circle than one which is hit hard.

Fly kicks should only be resorted to when the shot is made at an angle to the goal, and not from the centre of the circle. The average fly kick directs the ball back towards the spot from which it was hit. It can easily be seen that such a kick would scarcely be advisable from a central shot.

Any shots in the air should be stopped by the hand, the pads or with the stick when there is no likelihood of making sticks by raising the handle or blade above the shoulder. When the hand is used a goalkeeper must be careful not to *hit* the ball forward, though it does not necessarily have to fall perpendicularly to the ground.

A goalkeeper should be able to clear hard and quickly, and direct the ball to the nearer side line to give the opposing attack as little opportunity as pos-

sible of reaching it again inside the circle. Like the rest of the defence she must not be guilty of sending the ball across the goal mouth or into the centre of the circle, even if it may take more time to hit it in another direction. A clear with the stick is usually harder and more accurate than a kick, and there is more chance of passing the ball to a player belonging to the same team as the goalkeeper. Kicking, however, is invaluable in emergencies and should be practised by all goalkeepers, as their game is not complete without it.

The most difficult part of goalkeeping is the necessity of deciding when to rush out to tackle a forward, and when to stay back and wait for a shot. A few guiding principles may be of assistance to players, but a good deal has to be left to their own initiative. It is reasonably safe to say that so long as there is a defence in the field who is in a position to tackle the player with the ball, it is undoubtedly better for the goalkeeper to remain in her goal. She should also stay back when there is more than one forward up with the ball, for, if she went out to tackle the one in possession, the latter should be able to send a pass across for the other one to shoot.

Generally speaking, it is only safe for a goalkeeper to leave her goal when a forward has broken right away from the rest of the players and is rushing for the ball some distance ahead of her. If the goalkeeper calculates that she can get to the ball first she should lose no time in trying to do so, even if she has to go outside the circle. When tackling *inside* the circle, the defence player should place herself between the ball and the goal, so that should she miss with her

stick the ball may be stopped with her pads. This must not be done if there is any risk of knocking into her opponent. She must be careful not to let the ball bound off her legs outside this area, as she is not allowed the privilege of kicking unless she is within it.

Whenever a forward (ahead of her line) dribbles the ball well into the circle to attempt to score at close quarters, the goalkeeper's best chance of frustrating this design is to rush out to meet her, for if she waits, the forward may have little difficulty in pushing the ball into goal either to one side of her or the other. The mere fact of the goalkeeper running out will help to disconcert the attack as it is not easy to score when hurried.

A goalkeeper must be on her guard not to obstruct in any way, either by charging an opponent or by so placing herself that the attack cannot reach the ball; otherwise she may have a penalty bully given against her.

CHAPTER V

TACTICS

(1) Passing

The psychological moment for a pass is, as a rule, just before a player is tackled. If the pass is made too soon it is likely to be intercepted by the opposing side, but it should be borne in mind that the ball should be got rid of a little earlier when passing to the stick side of an opponent, than to the other side.

A clever player will not give away the direction of her pass until the last possible moment. Occasionally she may pretend that she is about to hit the ball in one direction and then quickly pass in another. This can be done more successfully with the flick than with a hard drive, as in the former case the left shoulder does not necessarily have to be turned forward, which, of course, helps to give away a player's intention. A forward line can make much better progress when using the *through* or *forward* pass than the *square* one, for, if the ball is sent ahead of a player—through a gap in the defence—it can be picked up at full speed. If it is hit across the field, it is more difficult to do this, besides which, the marking defence will be still in front of, instead of behind, the forward when she receives the ball. Of course, if it is hit too hard, one of the defence in a covering position may be able to reach it before the one for whom it was intended. However, long forward passes, when well placed, can

be just as effective as short ones, but they should be sent, as a rule, to that side of the field opposite to the covering defence. If opponents are making the mistake of playing square then this kind of pass should be used as much as possible. An enterprising goal-keeper may be able to spoil this method of attack near her own circle by rushing out to meet the ball, but she is usually somewhat diffident of risking this unless she is almost certain of getting there before the on-coming forwards. Experience will teach a player how hard to hit the ball according to varying conditions. Forward passing, of course, should be used by the defence as well.

It is better to pass *square* when opponents near the ball are marking loosely, as in this position the defence is more likely to intercept a forward pass. Care should be taken to send the ball in such a way that the one receiving it can take it on her stick at once, and not have to drop back for it. This especially applies when players are in motion, the ball having to be sent slightly ahead and not *straight across*. This pass is particularly useful if a forward is free on the edge of the circle.

The *back pass*, naturally, is employed only very occasionally, as it is not a good thing to be hitting the ball continually away from the goal that is being aimed at, but when used at the proper moment it can be most disconcerting to opponents. When play is congested in front of the ball a quick pass back is often the best way of opening out the game. The player receiving the ball should try to clear it to another part of the field. A forward can use it to great advantage if she finds herself near her opponents' goal

line with the ball, and is in a poor position for a shot. At such a time, the rest of the line should remain near the edge of the circle to keep the defence from crowding round the mouth of the goal, and to give each other plenty of room to work in. The ball should then be hit



Follow-through of a Backward Push Pass

or flicked back to one of the waiting forwards in such a way as to make it easy for her to shoot at once. Defence players should try not to pass back when near their own twenty-five-yard area, unless they are definitely sending the ball out to the side. It is obvious

that a back pass towards their own goal might easily prove disastrous in this part of the field.

The combination of a square pass followed immediately by a forward one can be very worrying to opponents, as it often takes them by surprise. A player, about to be tackled, hits the ball across to her next-door neighbour, who returns it immediately, in a forward direction, to the same player, the latter having run round her opponent and got free. This is called a "triangular" pass.

Picking up passes in the right way is just as important, and, perhaps, even more difficult, than passing itself.

A hard through pass should not be sent quite so far forward to the left side of the field as to the right, because the player, receiving the ball on the left, has to overrun it slightly to be able to take the ball square on her stick outside her right foot, otherwise she would be tempted to use her reverse stick. The player on the right side of the field has a much easier time, as she can reach forward with her stick in the natural way, the blade facing towards the ball, and stop it a yard or two ahead of her. Of course, if the ball is travelling in a straightforward direction it does not need to be fielded before dribbling.

It is a mistake to stop forward push or flick passes unless absolutely necessary, as these travel comparatively slowly and are easily picked up. If only forwards would remember to keep their feet towards their opponents' goal line, when waiting for a pass up, and only turn the head and shoulders to the ball, there would not be the same necessity to stop it first. The

pass could then be sent in front of, and not at, the player.

A player should always run towards any pass which does not travel quickly enough, for if she waits for it to get to her, it will most likely be intercepted. Slow passes coming from behind should be dropped back for, the player running round to get behind the ball and not attempting to drag it after her.

All passes should be sent in such a way that the receiver can take them quickly on her stick side, instead of having to shift her position, or pull the ball across her. They should most certainly not be directed at a player's heels, which is, too often, seen.

The different strokes used for passing are the flick and push for short distances, and the drive for longer ones. The scoop is also useful to pass the ball up over an opponent's stick, or if the ground is very muddy, but when employed too frequently it tends to slow up the game. Passing with the reverse stroke is not to be recommended, as it is difficult to hit hard and accurately in this way.

(2) Shooting

One of the greatest assets to a forward is the ability to shoot quickly, without slackening speed, directly the striking circle is reached. So often golden opportunities are missed by forwards who insist on dribbling *in* the circle or giving the ball an extra tap before making up their minds to shoot, so giving their opponents another valuable moment or two in which to recover and tackle. Of course, if a forward is quite an appreciable distance in front of the defence, and is skilful in handling her stick, she can dribble up fairly

close to the goalkeeper and push or scoop the ball to one side or the other of her. To do this successfully, however, she must be practically certain of not being overtaken. Should the goalkeeper rush out to meet her, the forward must try to dodge round her before shooting, and not attempt to hit "through" her opponent. When shooting *on the run* players should not wait to place their feet in the most comfortable position, but should be able to shoot off either foot. It is, however, easier to aim from the left side of the circle if the right foot is forward and vice versa. The left shoulder should always be turned towards the direction of the intended shot, to allow free swing for the arms; the backward lift of the stick should be short so as not to waste time. A "snap" of the wrists just before the ball is hit will add force to the stroke. Some forwards have the habit of jumping at the ball in order to get a hard drive, but, unless there is plenty of time this is better omitted, as it takes up an extra second or two.

Instead of slackening speed for a shot, forwards should strive to *increase* it. Whenever possible, the aim should be taken while dribbling so that there is no pause in the circle. It is practically useless shooting *blindly* without a mental picture of the position of the goal posts, as the ball will probably go wide, and it is even worse to look up and hit at one and the same moment, as the ball will either be topped or missed altogether. The *eye* must be on the *ball* at the actual time of hitting. Some shots are wasted by being sent straight at the goalkeeper instead of being placed well away from her. The corners of the goal are usually the most telling spots to aim at, especially

the one to the left of the goalkeeper, as on this side she cannot use her stick as a last resort with any degree of certainty.

Inside the circle, a forward will find, sometimes, that a pass to another player is more useful than shooting from her own position, as she may have several defence between her and the goal; or the angle of the hit may be too acute. She should, however, never miss an opportunity of shooting by passing unnecessarily, but she must not hit into a defence between her and the goalkeeper.

After the ball has been hit towards the goal, two of the forwards should *rush* and follow it up at once, instead of waiting to see what the result will be. The ball may be stopped by the goalkeeper or even by one of the posts, and if the attack is quick enough there is a good chance of putting it in before the defence can clear. In any case, rushing tends to upset the coolness of the goalkeeper, and makes her hit hurriedly without giving her time to choose her direction. If she clears to the side, the wing should try and intercept on the edge of the circle and shoot again if she is well placed. The player who shoots, even though it be a wing, should always follow in. She is, probably, the most prepared of the forward line to do this, and, in any case, the ball may rebound off the goalkeeper's pads in the direction from which it came. When the centre forward shoots, the left inside should support her in rushing to cover the left side of the goal mouth. On the occasion of an inner shooting, it is just as well for the other one to rush, and the centre to move up to the middle of the circle to await the outcome. When the wing follows up her own shot, the centre

should go in, while both inners hang back. Naturally, these plans cannot be strictly adhered to, as tactics have to be hastily changed according to the relative positions of the attacking players. Those who have



AN ILLEGAL DRIVE
The blade is laid back as it meets the ball, which causes an undercut hit

rushed must be quick to get back to the on-side position before the second shot, as they may be penalised for obstructing the goalkeeper if they interfere with her in any way when off-side, even though they do not touch the ball.

Players are often in doubt as to whether it is wise to shoot on the "fly," that is, to hit straightaway without stopping a pass, but no hard and fast rule can be laid down. If the ball is travelling slowly it is fairly safe to risk it, especially if the pass is a forward one, provided the player reaches it without laying her stick back and so lofting the ball, but to take a fly shot off a hard square pass is no easy matter, and needs a very quick eye and perfect timing. It is difficult to direct this kind of hit, but as it undoubtedly saves time, experienced players might attempt it occasionally. The surer, though slower, method of stopping the ball before shooting had better be used by the average player.

"Undercutting" is a foul which forwards should be much more careful to avoid than they appear to be, as it often ends in an accident to the goalkeeper when used inside the circle. As a rule, it is done unintentionally, by letting the ball get too far ahead of a player before shooting, and in reaching out the blade has to be laid back to hit the ball, and so causes it to be raised in the air. Scooping and undercutting should not be confused, as the one is legal while the other is not, though the ball is lifted in both cases.

Keeping the weight back, instead of following through when hitting, either on the fly or otherwise, may undercut the ball.

(3) Dodging

This is an extremely useful device to outwit an opponent, and can be employed by forwards and defence alike.

An attacking player can use it as an alternative to passing, especially when she has outdistanced her own line and finds she must rely entirely on herself to get the ball through the defence. She should not resort to dodging too often, however, to the neglect of passing, as the more the ball is moved from one player to another the more disconcerting it is for those marking.

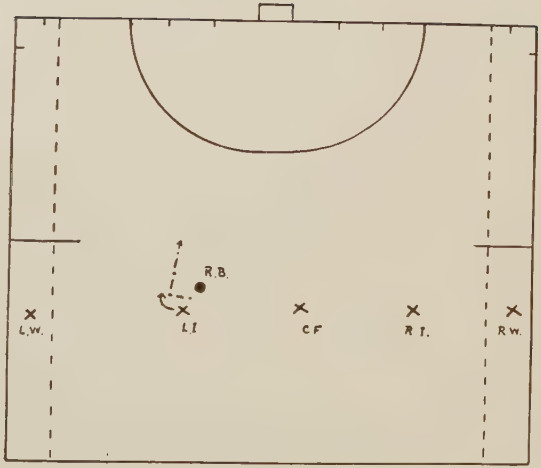
Defensive players should know how to dodge round an opponent in front of them, after gaining possession of the ball, so as to avoid clearing straight into her. It also affords them more time to choose the direction for their pass.

To be successful, dodging should be performed quickly and neatly, and should be timed just at the moment when a player is about to tackle; if it is made too soon an opponent may be able to intercept, if too late, the player, most probably, will be robbed of the ball. She must look up occasionally, when dribbling forward, to note her opponent's position so as not to collide with her.

Below are described a few methods of dodging which may be found to be of use to both attacking and defending players:

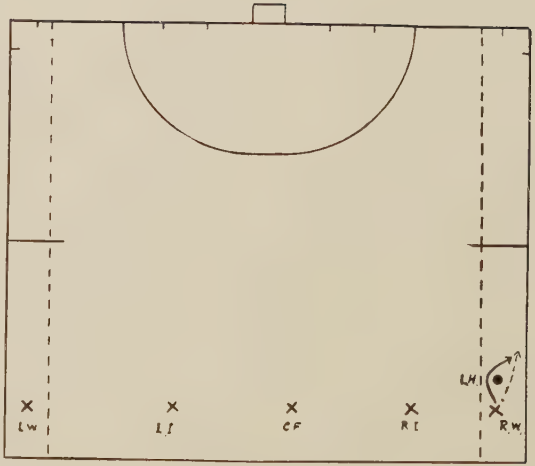
(1) The ball should be dribbled up to an opponent and, at the proper moment, should be pushed ahead to her non-stick side, the attacking player, swerving round the other side, can then pick up the ball again after leaving her opponent behind. When making this dodge, care should be taken not to hit the ball too far and so give one of the other team the opportunity to reach it first.

(2) In this dodge the ball should again be dribbled up to an opponent, the player swerving quickly to



DODGING

Pulling the ball to the left



DODGING

Pushing the ball to the right

the left, but this time, while she dodges, she should pull the ball towards her, just out of reach of her opponent's stick, and then continue dribbling. A slight variation of this is often used by a defence, when she has stopped the ball and is being rushed by a forward. She should wait until her opponent is almost up to her, then neatly side-step to the left taking the ball with her. As the forward will not be able to stop at once, the defence will have time to clear without fear of being tackled.

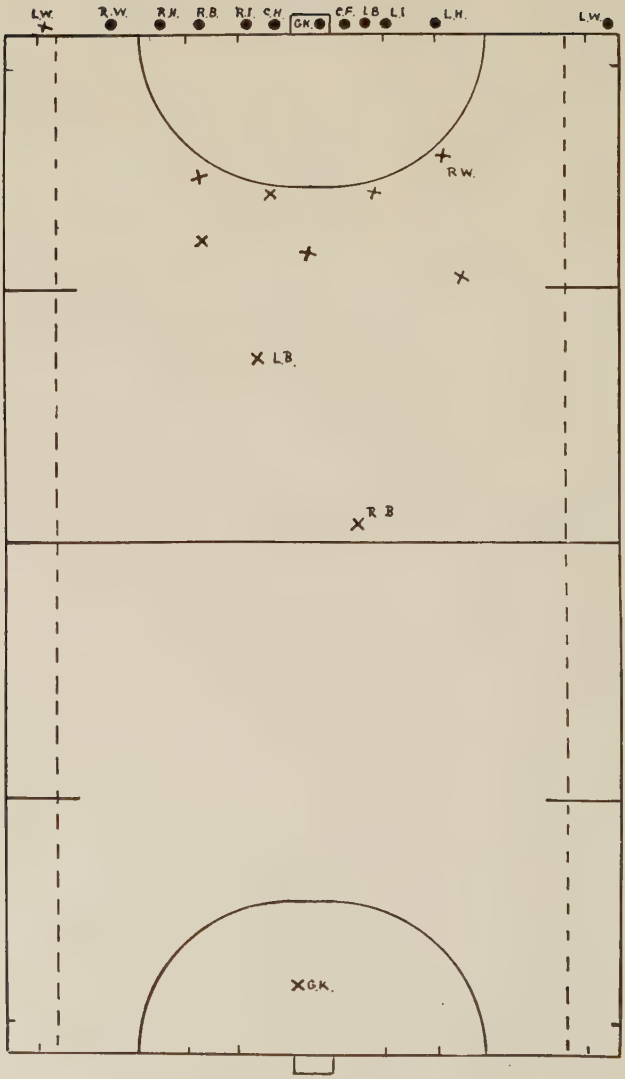
(3) The left-hand lunge is occasionally employed to help a player dodge when the ball is almost out of reach of her stick. At the moment when her opponent is getting ready to hit the ball, she should lunge forward and tap the ball slightly to the left of her opponent's stick, and then dash on to it again, before the other team has realised what has happened.

(4) The Long Corner

There appears to be a prevalent idea among players that a long corner is *only* given when the ball is sent over the goal line—not, of course, between the posts—by a defence *inside the circle*. The area, is, however, much larger than that, as it extends from the twenty-five-yard line to the goal line, and is not confined to the circle only.

Usually, the average team gains very little advantage from a long corner, chiefly through inaccurate hitting and stopping and lack of teamwork. These faults could be eliminated by a little hard practice, other than in a game.

The Attacking Team. The hit is taken by one or



A Long Corner

other of the wings within three yards of the corner, on the side of the field where the ball went out of bounds. Although the ball must be placed either on the goal or side line, the wing can stand within the field of play if she chooses to do so. In an endeavour to obtain pace on the ball wings are often guilty of giving sticks, in which case one of the defending team has a free hit from the same spot, while *all* the other players are allowed to move forward from behind the goal line.

The attacking forward line takes up its position at a corner just outside the circle, the centre and inners moving a little towards the side from which the ball is coming. The centre half should back up both the centre forward and the inner nearer to the ball, a few yards behind, so as to be ready should they fail to stop it. If she gains possession, a quick pass to the farther inner is often the best play, as the latter may not be closely marked. The wing halves stand, roughly, on a line with their centre half, midway between the opposing wing and inner positions,—the one on the far side being, perhaps, slightly further back than the other. Another defence player who also should be well up is the full-back on the same side of the field as the corner hit.

Wings should hit the ball hard so that it will travel quickly, but they should be careful not to chop it, as this tends to make the ball bound, and causes difficulty in fielding. The ball should be aimed straight at the stick of one of the forwards and not across the mouth of the goal, for, in the latter case, the defending team should be able to reach it first. The ball must be *stopped* before shooting, unless it is first

touched by an opponent. It can, however, be passed from one forward to another without being stopped, provided this is done before the ball is shot. Of course, a forward pass, made in the direction of the goal, may be taken by the umpire as an intended shot and penalised.

Players should be able to field the ball with their stick, hand, or sole of foot. The last two methods, although, perhaps, slower, cause the ball to be stopped dead when properly done, which is, naturally, an advantage. (See Fielding, Chapter II.)

The Defending Team. The players line up behind the goal line, but they must be at least five yards away from the ball at the moment when it is hit. Those playing defence take up their positions directly opposite to the forwards round the circle, so as to have the shortest possible distance for their dash out to them. Provided that it does not worry the goalkeeper to have another player with her between the posts, the centre half can stand in goal, with her centre forward just outside. The full-backs should be in a line with the attacking inners, with their own inners beside them. The wing on the far side of the field from the ball should place herself close to the corner nearest to her, but the half-backs should be fairly near to the full-backs, ready to take those players' positions when necessary. In order to be five yards away from the ball the other wing cannot stand close up to the corner, but she should be as near to the ball as the rules permit, so as to intercept a weak hit.

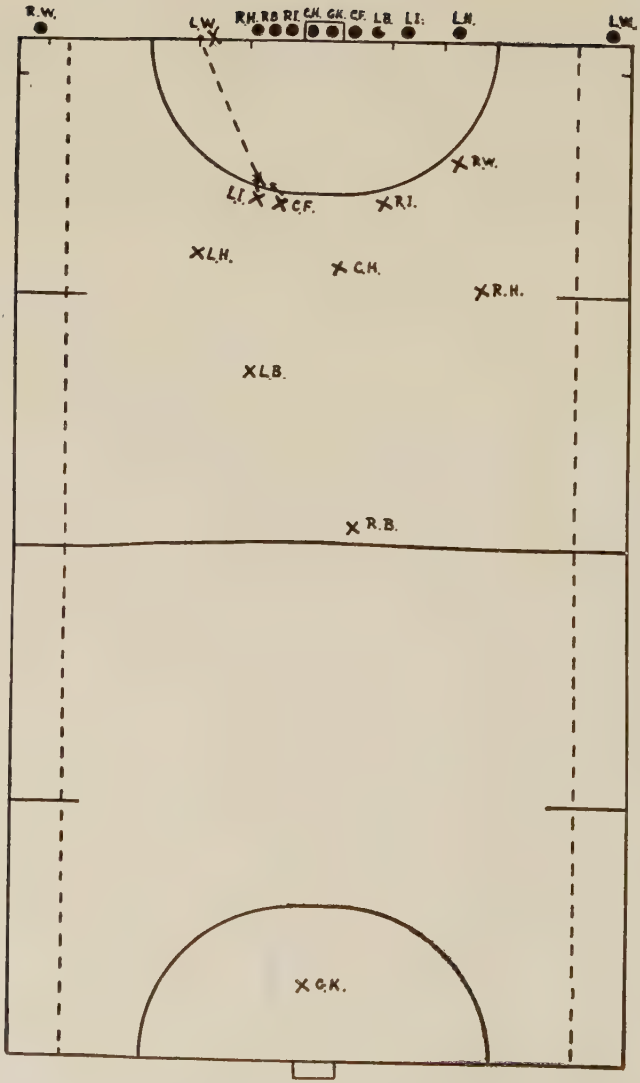
As soon as the ball is touched the defending team should dash out at full speed. The forwards must not wait inside the circle if they do not gain possession

of the ball at once, as they would only "muddle" their own defence. They should pull up when they reach the twenty-five-yard line, though the wings might get even further up the field (provided they do not become off-side) and so obtain a good start, should the ball be cleared out to one or other of them. Each member of the defence should try and reach the opponent for whom she is responsible as quickly as possible, and prevent her from shooting, or, better still, from even receiving the ball. It is not necessary, however, to mark the wing who has just taken the corner hit until she has come up to the striking line. The defending team must not run half-way into the circle and then wait to intercept—though these tactics are frequently employed by poor teams—as this hinders rather than helps the goalkeeper, by preventing her from having a clear view of the ball as it travels towards the goal. The players must even try not to unsight the goalkeeper for *one moment* in their dash out. If any member of the defending team steps over the goal line, or an attacking player into the circle, before the ball is actually hit, the corner is taken over again. Care should be taken that the attack does not hit into the defending team at close quarters.

The umpire should not blow her whistle as a signal for the hit, as this has been found to cause players to start too soon.

(5) The Penalty Corner

Goals should be scored much more frequently from a penalty corner than from a long one, for the ball, having less distance to travel, comes more quickly to



A Penalty Corner
Left Inside prepared to shoot after the Centre Forward has stopped the ball and stepped away

the attacking team and is more easily directed.

A penalty, or short corner, as it is often called, is awarded to an attacking team when, in the umpire's opinion, the defending side have deliberately sent the ball over their own goal line, from a point between that line and the twenty-five-yard line. It is also given for any foul committed by the defending team within its circle, but umpires must be very careful not to stop the game for a penalty corner when one of the attack is about to shoot, as this would be to the advantage of the offending side. The whistle must not be blown immediately on these occasions, so that the umpire can judge whether the forwards have a chance of scoring, in spite of being fouled. Penalty *bullies* might be awarded much more frequently than they are. Umpires seem to have acquired the habit of giving a corner even when the player fouled most probably would have scored, had she not been prevented by a breach of the rules. If this occurs, a penalty bully should always be taken. The duties and positions of the two teams are very much the same for a penalty as for a long corner, with the exception of one or two of the players who are on the same side of the field as the ball. The wing taking the hit should do so *ten* yards from the nearest goal post and not within *three* yards of the corner. The defending half-back, preferably, should stand five yards away on the goal side of the ball, but her wing should be close to the corner.

Attacking Team Tactics. The tactics used by an attacking team at a penalty corner can be more varied than those used at a long corner, because of the shorter distance for the hit.

(1) A quick method of scoring is for one player to stop the ball with her hand while another player, standing close to her, shoots. The hit is usually taken on the left side of the goal, it being easy for the fielder to get the line of the ball, without impeding the one prepared to shoot. The hit is taken by the left wing and stopped by the centre forward with her



STOPPING THE BALL FROM A CORNER HIT
The player about to shoot must first step forward with her left foot

left hand. Directly the latter takes her hand away and steps back out of reach of the stick the left inner must shoot, aiming at the non-stick side of the goal-keeper if possible. Attacking players must not shoot *straight at* the opponents rushing out.

Any two players, particularly good at hitting and stopping, could be used for these combined tactics, the players changing their positions for the time being.

(2) As a variation to the above, and in order to

take the defending team by surprise, the ball could be hit across the circle to the far inner and not always to the waiting pair of players. The inner, of course, must be prepared for this at any time.

(3) When two players do not combine, the ball can be directed to any of the three inside forwards, who should be able to stop the ball dead and shoot immediately.

(4) A player can, of course, pass the ball for another one to stop it and shoot.

(5) If the forwards miss the ball the centre half should always be backing up ready to stop it herself and, when given the opportunity, put in a shot through a clear space. The opposing centre forward is responsible for preventing this as she rushes out of the circle.

Penalty corners can be taken from whichever side of the goal the attacking team may choose.

(6) The Roll-in

One of the most important items of half-back play is the roll-in, which should be of considerable advantage to the team taking it, when skilfully employed.

The actual technique of the roll-in is fairly simple and it is almost unpardonable for a player to be penalised for some breach of the rule governing the roll-in.

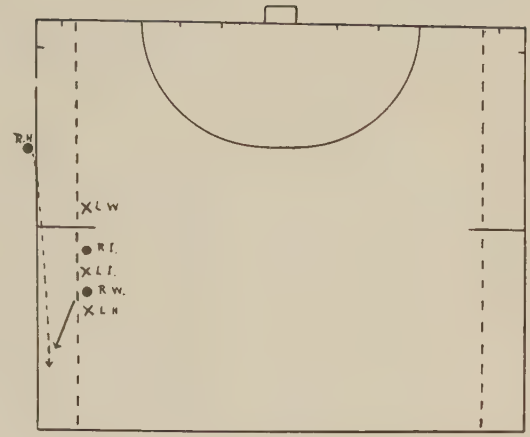
The ball should be held in the fingers—not the palm—of one hand and the stick in the other. The arm should be swung back from the shoulder and then vigorously forward, and, at the same moment, a long step forward should be taken with the opposite foot.

As the ball is released the weight should be on the forward foot, with the hand close to the ground.

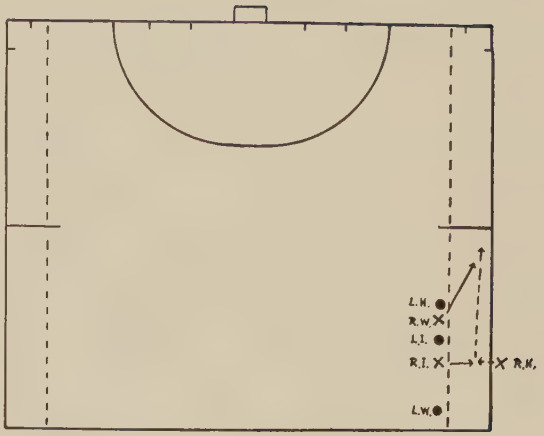
According to the rules the ball must not be bounced, or thrown, but must be rolled in such a way as to touch the ground, inside the field of play, within a yard of where it went out of bounds. The player taking the roll-in must have both feet and stick behind the line, and may not play the ball again until it has been touched by another player. No player is allowed to stand within the area between the five-yard line and the side line, but should the half-back roll the ball in at once, without giving her opponents time to get behind the five-yard line, the umpire should not stop the game.

For any breach of the rules made by the player rolling in, the ball should be given to the other team. If, in attempting to roll-in, the ball does not enter the field of play it is taken again by the same side. Should the ball be kicked out of bounds a free hit is taken on the spot where the foul occurred, but if it goes off the sticks of two opponents a bully is awarded, which is usually taken by the wings.

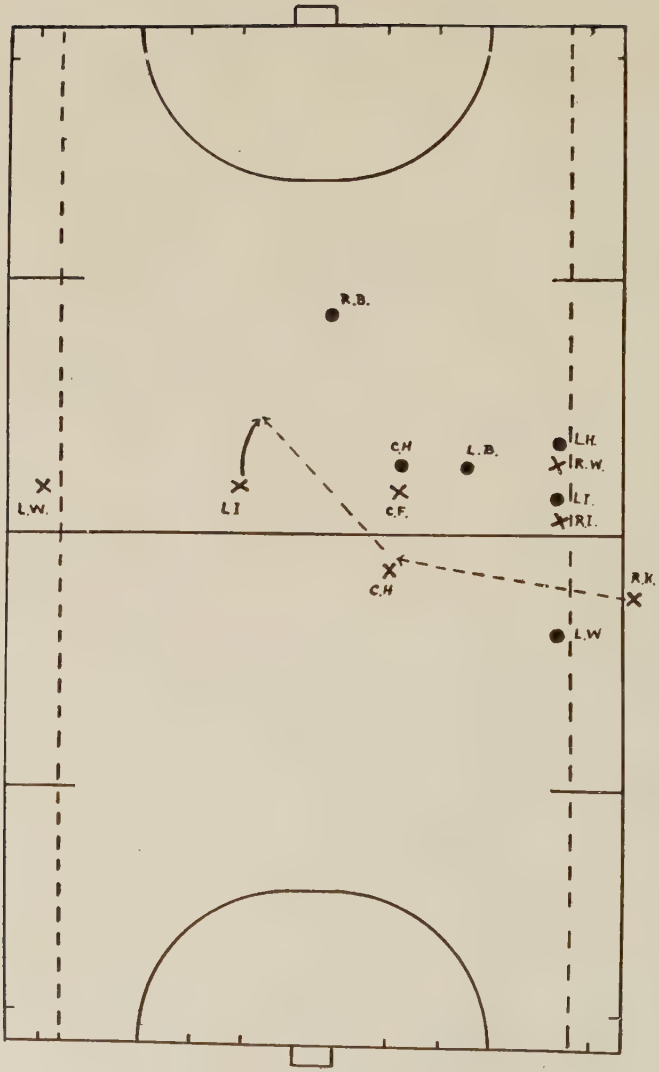
In mid-field the two inners should go out to the five-yard line for the roll-in as well as the wings, in order to vary the play, but they should return to their usual places afterwards. When the ball is rolled to an inner it is better for her to pass at once, rather than dribble down the field in close proximity to her wing. The half-back—other than the one putting the ball into play—must always be on the goal side of her opponent to block a forward roll-in or to gain a good start if this is not possible. Near the circle the inners do not go out to the line, as the attacking



A Long Roll-in Up the Side Line by the Right Half-back



A Short Roll-in to the Right Inside by the Right Half-back. The Right Inside Hits the Ball Up the Five-yard Area for the Wing to Pick Up



A Roll-in from the Right Half to the Centre Half

one needs to be in a good position for a shot after receiving the ball, while the defending inner might interfere with her own defence in coming back so far.

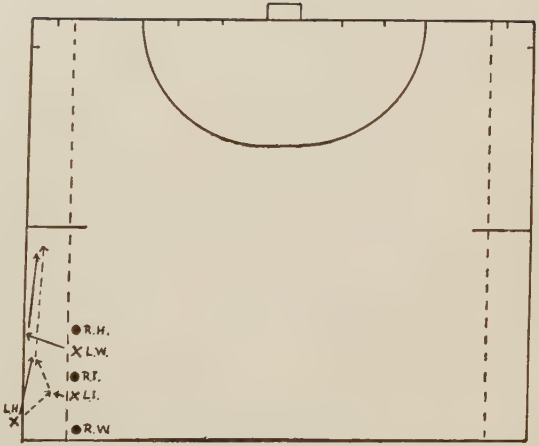
The roll-in should be taken quickly and the direction varied as much as possible, so that opponents do not have time to get into position or anticipate with any degree of certainty. When the ball has left the half-back's hand, she should follow up the play at once and not stand where she is to see what eventually is going to happen, as she may get left too far behind to back up her forwards.

Right halves will find, after a little practice, that it is easier to get a good roll up the line with their left hand rather than the right as they can swing the arm more freely on that side.

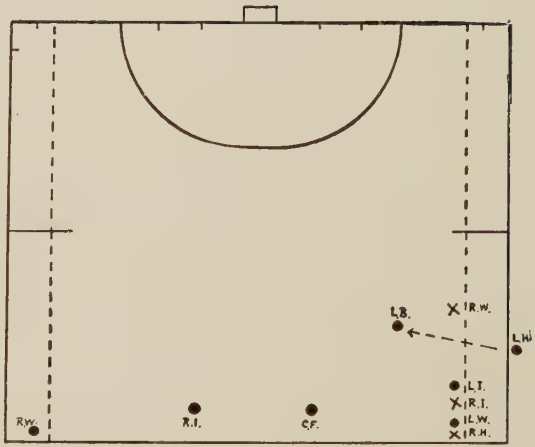
When the ball is hit out of bounds near the goal line by one of the defending team, the opposing wing should roll it in to save time and to keep her half from coming so far up. She should try to find either her inner or centre, but, failing this, she could send the ball back to her half-back, who might be able to centre it.

It is generally too risky for a full-back to roll-in as she should go out to the wing as little as possible, but in mid-field this player might do the right thing in taking the roll if the others are far up the field. This would quicken up the game, but it should occur very rarely, and only when the back feels confident that she can recover her usual position well before her opponent becomes dangerous.

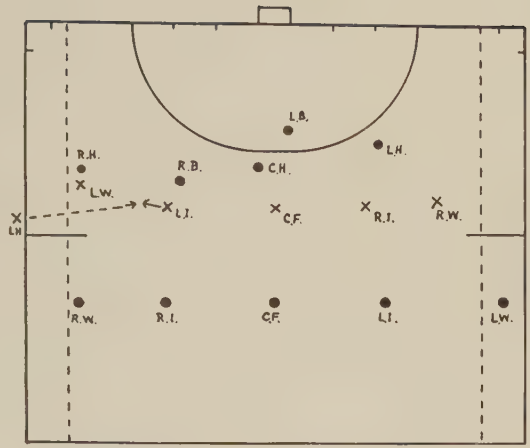
The following are a few suggestions on rolling-in tactics which might be tried out and put into prac-



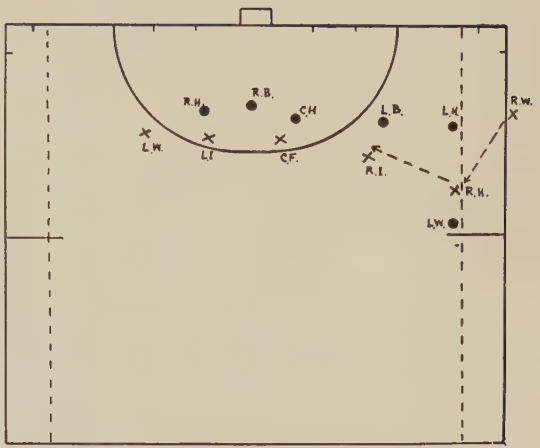
A Short Roll-in to the Left Inside Who Pushes the Ball Out Again to the Half. This Player Should Hit It Up Ahead of the Wing



A Roll-in from the Left Half Through to the Left Back



A Roll-in Near the Circle from the Left Half to the Left Inside



A Roll-in from the Right Wing Back to the Right Half

tice when players have acquired a good understanding of each others' play:

(1) A hard roll parallel with, and close by, the side line, allowing the wing to dash forward away from her opposing half-back, before reaching the ball.

(2) A very short roll—only a yard or so in length —to the inner. The latter should run towards the ball and hit it up the wing.

(3) If there is a space between the players behind the five-yard line, the ball can be sent straight in to the centre half, or even to the centre forward if she is not well marked. (This must not be attempted when anywhere near the half-back's circle, as then the ball must always be kept away from the centre of the field.)

(4) The ball can be sent directly to the inner, who should push it diagonally out to the half again; the latter, having run forward, should hit it up the field. The wing or inner should have started running before the pass is made in her direction.

(5) In mid-field the ball can be sent, occasionally, to the back provided that she is prepared for this change of tactics. The half-back feints by swinging her arm forward in the direction of the wing, but checks it before releasing the ball and, after a quick turn of the wrist, sends it to her full-back. Usually, the latter will find that the game can be opened out well by passing across the field rather than keeping the ball on her own side.

An attempt should be made by the opposing wing to intercept a roll-in of this kind.

(6) Near the opponents' striking circle the ball can

be sent through to the inner, who, of course, should not be out by the line.

(7) If the half should vary the play, in this part of the field, by rolling to her wing, this player may have difficulty in centring without turning on an opponent. Under these circumstances, the wing should



The Reverse Roll

Note the turn of the wrist before the ball is released

tip the ball out again to the half for her to pass in.

The wing should take the roll-in when near to her opponents' goal line. As a general rule, players will find that it is better to make as much ground as possible from a roll-in near their own circle and to keep the ball within the five-yard area, while near their opponents' circle they should try to send the ball in.

(7) The Bully

The two chief factors towards successful bullying are—good stickwork and quickness in getting on to the ball.

At the centre bully, the two players taking part in it must "stand squarely facing the side lines," and they must not move their feet in any direction until they have struck the ground and each others' sticks three times and the ball has been touched. After this the ball is in general play, and any player then can cross over the centre line, but not before. All players, with the exception of the two actually bullying, must be, at least, three yards from the ball and they must also be nearer their own goal line than the ball is at any bully other than the penalty bully. When these rules are not complied with—unless a definite foul is made—the bully is taken over again.

Should an accident occur, the game is restarted by a bully on a spot chosen by the umpire in whose half of the ground it happened to take place, with the exception of the ball being sent out of bounds, or when a penalty is awarded.

No bully can be taken nearer than five yards to the goal line, but this rule does not include the penalty bully, which is taken on the spot where the foul was made.

All forwards should know how to bully and be able to do it well, as it is obviously an advantage to a team to gain possession of the ball straight away.

Quite a variety of ways are used by good players to get rid of the ball to another member of their side, and some of these are described below.

(1) The method of reversing the stick and hitting the ball back to the centre half is, perhaps, the most frequently employed. For an effective stroke the stick must be slipped very quickly round in the grasp from right to left. The centre half must always be on the lookout for this back pass and, after fielding it, should flick the ball to one or other of the inners. It is not a good policy for her to pass it to the centre forward as she is almost certain to be closely marked.

(2) A good push pass can be made out to the right inner by sending the ball between the opponent's stick and right foot in a forward direction. Inside players should acquire the habit of crossing over the line *at once* after the bully, in order to pick up the pass before it is intercepted.

(3) A centre forward can pass to the left inner if she gains possession of the ball by the following tactics. She should jump back quickly, pulling the ball towards her at the same time, and, after stepping to the left, she is in a good position to pass to that side. She must be very careful, however, not to make a half-turn as she hits, or move her feet before touching the ball.

(4) The best way to get a hard pass out to the right wing is for the centre forward to pull the ball back with her reverse stick, while she takes a quick step back with her right foot so that she is able to pass behind her opponent.

(5) If the forward bullying finds her opponent's stick is against the ball simultaneously with her own, so that it is wedged between the two blades, she should at once step with her right foot so that her weight comes behind her stick—as in tackling. With a little

pressure against the ball and a quick pull up, it is quite easy to get the ball over a player's stick. As an alternative method, she could draw her stick towards her, standing facing the ball, the blade pressed flat against it, and so make the ball roll in her direction.

(6) When an opponent continually hits the ball, from a bully, straight ahead, the centre forward can simply lift her stick out of the way and let it go to her own half-back, who will be free to deal with it.

(8) The Free Hit

When a player fouls outside the striking circle a free hit is awarded to the team opposed to the offender, and it should be taken at the place where the foul was made. If, however, a breach of the rules is made within the circle by the attacking team, the other side can take the hit from any spot it chooses in that area. The full-back is the logical person for this hit, and she should take it from a position on the circle line well to the side. The ball must be motionless, and only the striker must be within five yards of it, until the stroke is made, but the umpire need not delay the game, of course, if the striker re-starts the play before her opponents can get to the required distance. Should the player miss the ball altogether, she can make another attempt, provided she has not made sticks.

Any legitimate stroke, except the scoop, can be used at a free hit, but the striker, having hit the ball, cannot do so again until it has been touched by another player.

To gain any real benefit from a free hit it must

be taken with the least possible delay, for the same reasons as when taking the roll-in. The defence player nearest to the spot where the foul occurred is the one to take it, unless she is too far out of her place to do so with safety. Forwards can even do this when very close to their opponents' circle, as this may help to speed up the game and prevent half-backs from coming too far up.

The striker must not forget to give a *hasty* look round to see how players are positioned, so that the pass is not made without a definite idea as to where the ball should be sent. She need not make her intentions obvious to all, however. Through passes should be used, when there is an available open space, but not always hard ones. Goalkeepers ought never to be allowed to take a free hit for fear of the ball being intercepted. Umpires have to use their judgment as to when to award this penalty as it is sometimes to the advantage of the offending team to have the game interrupted. Here is an example—a defence kicks the ball by mistake into her own circle off which a goal is scored by an opposing attack. There are many less evident occasions when a player, in spite of being fouled, would prefer the game not to be stopped if she should remain in possession of the ball.

CHAPTER VI

HINTS TO COACHES

Hockey coaching can be a most enthralling occupation to those who take it up whole-heartedly and who are really keen to pass on their knowledge to those who stand in need of it.

Enthusiasm is, undoubtedly, the most essential quality in a coach, and any one who possesses it need not be afraid of failing in what she undertakes, even if her knowledge at the outset is not so very extensive.

Patience too, is necessary, for results are often slow in coming, and a coach will find that the same points may have to be explained over and over again before they are fully grasped by some of the players. Loss of temper is fatal on these occasions, but a little humour introduced into the coaching may work wonders, but this humour must not be of the cutting or sarcastic type.

A coach *must* be a reliable umpire with a thorough understanding of the correct interpretation of the rules, for she will never develop a clean game if she is careless over checking players when they foul.

Coaching must be individual as well as general, and each player on the field should receive her fair share of help, not forgetting the goalkeepers, as these players are sometimes sadly neglected. Coaches are advised to form the habit of occasionally giving goalkeepers a few extra minutes for special instruction and practice in their position. They should, how-

ever, be made to take part in the periods for technique, just the same as any other player, for good stickwork may help a goalkeeper out of many an awkward situation.

General hints should be given principally at the beginning of a practice, at half-time and on those occasions when a coach deems it necessary to stop the game. The players will be able to concentrate more easily on explanations at these times than during the game, when their attention is fixed on the actual play.

Individual help can be given while the game is in progress and this should be done as much as possible in such a way that all the players can hear and also benefit from the hints imparted. A coach, to do this successfully, must possess a good clear voice, and should be brief and to the point, using as few words as are absolutely necessary. It is mistaken enthusiasm for a coach to talk *all* the time, because the players will be unable to take in everything she tells them, and this will probably end in making them give up listening at all.

At the beginning of the season a coach should plan out—in order of difficulty—the technique and relay hockey games she intends to use, so that each practice is a gradual progression. She must, of course, be prepared to modify or change her programme according to varying conditions. On cold or wet days, for instance, much more activity should be provided than on warm ones. She should always try to introduce something new into every coaching practice.

An instructor must be careful not to lose sight of the fact that in her anxiety to obtain good teamwork she may spoil the initiative and dash of the

players by *over-coaching*. This situation is generally brought about by the coach being too arbitrary in her methods of coaching, causing the players under her to lose their self-confidence and to give up thinking for themselves, and resulting in a stereotyped and lifeless game. Although good combination is the goal which every coach has in view, she must not try to attain it at the expense of the individual. This is a real problem even to the cleverest of instructors, and can only be fully solved by experience. A certain amount of match play may help to obviate the possible cramping effects of coaching and make the players self-reliant.

Players who take advantage of coaching only after they have played hockey for a considerable period should be prepared for a hard time until they have succeeded in overcoming their bad habits and have replaced them by the right ones. During the transition stage they will probably play poorer hockey than they did before. They will tend to be too careful, and afraid to let themselves "go," and their game will become slower through their efforts to use more technique. If, however, they can be made to realise that this is inevitable until they have had plenty of time to accustom themselves to new methods, they ought not to become discouraged and lose heart.

Coaching Beginners. When dealing with *absolute beginners* a coach has to be somewhat "cut and dried" in her instructions, especially in regard to technique, for the players must first be taught the fundamentals of the game before they are in a position to make much use of their own judgment.

It is a great mistake to allow twenty-two beginners

to start straight away in a game, before they have had some practice in handling their sticks or been taught dribbling, hitting and stopping, passing on the run and tackling. If they are not given any preliminary practice in stickwork, their play is sure to be wild and dangerous and bad habits will soon be formed, which will be very difficult to eradicate later on.

In order to obtain the best results it is as well to give up the first practice to a lecture on the game, illustrated by diagrams on a blackboard to make explanations as clear as possible. The players should be given a definite idea as to the object of the game, with short descriptions of the main duties of the various positions, the different parts of the field in which each player works, and the methods of putting the ball into play when it has been sent out of bounds. A few of the rules should also be explained such as those dealing with sticks, back-sticks, undercutting, kicking, turning on the ball and rough play, but it is of little use to go into complicated descriptions of off-side and obstruction until the teams have had a considerable amount of experience of actual play.

The players, after a few practices have been devoted entirely to stickwork and relay games, should be ready for a regular game, but part of each coaching should generally be given up to some form of technique.

As soon as the "drive" has been thoroughly mastered, the players should be taught the "push" stroke as a preventive against developing a hard hitting type of game.

Common Faults Met with in Technique

(1) Hitting
   (a) Stick is raised above the shoulder.
   (b) Right hand is not close up to the left one.
   (c) Weight is thrown back when the stick follows through.

(2) Stopping.
   (a) Hands are held close together.
   (b) No "give back" of the stick.
   (c) Handle is sloped backwards.
   (d) Legs are not behind the stick.

(3) Dribbling.
   (a) Wrists are not flexible.
   (b) Grip is too tight.
   (c) Elbows are kept close in to the body.
   (d) Ball is hit too far ahead.
   (e) Ball is dribbled too much on the right side.

(4) Tackling.
   (a) Feet are too close to the stick.
   (b) Weight is not behind any part of the stick.
   (c) Hands are too close together.
   (d) Too much force is used.

(5) Push passing.
   (a) Not enough use made of the wrists.
   (b) Not enough "follow-through."
   (c) Hands are close together.
   (d) The flat of the blade faces up at the end of the stroke.

Points to Be Emphasised in Team Play

Forward Play.

(1) Forwards should keep well spaced out across the field and on a line with each other.
(2) The ball should be taken down the field by means of dribbling, the player passing to another forward when about to be tackled.
(3) Players should try to pass diagonally forward and not straight ahead into an opponent.
(4) They must try also not to dribble "through" an opponent.
(5) Short passing whenever possible.
(6) Wings must pass in before the twenty-five-yard line.
(7) Forwards should shoot from edge of the circle, rather than dribble up to the goal.
(8) Follow up ball after shooting.
(9) Wings must not crowd into circle unless they have a definite opening for a shot.
(10) Forwards must not interfere with each other's play, nor with their own defense.
(11) They should not go further back than their own twenty-five-yard line when their defence is in the circle.
(12) They should not turn their back on the goal they are aiming at when waiting to receive a pass up.

Defence Play.

(1) Each defence player—except the goalkeeper—must mark one particular opponent.
(2) Defence must back up own forwards when the latter are on the offensive.

(3) The backs must not stand square.
(4) Not more than one player should tackle at a time.
(5) Beginners should be encouraged to overtake and tackle opponents on the right side until they have learnt to tackle on the left without fouling.
(6) Players must endeavour not to knock into opponents when tackling.
(7) All hard hits should be fielded before clearing.
(8) The ball must not be cleared straight into an opponent.
(9) Players should look up first to judge the right direction for a pass. (This applies to forwards as well as defence.)
(10) Defence should not crowd round the mouth of goal when opponents are in the circle.
(11) Players should get rid of the ball quickly, but not pass across or into, their circle.
(12) They should not hit hard when a short pass will serve the purpose.

It will probably be necessary at times to stop the game at rather frequent intervals for explanations, especially when the players crowd round the ball. On these occasions they should be sent back to their proper places before the game is re-started.

A coach must concentrate on the *essentials* of hockey with beginners, for it is impossible to correct all their mistakes at once and too much information is confusing. She must, of course, be quick to notice their faults, and provide a remedy for the most important ones. Furthermore, she must not be content merely with making explanations, but must do her best to

make the players *understand them.* Those coaches who are good players sometimes lose sight of the fact that points, which seem absolutely simple to them, may be extremely hard to grasp by those possessed of little athletic ability. Players, of course, learn a lot by imitation, and a coach with good style herself should find it comparatively easy to develop the same in those under her. It is sometimes helpful to a player, when corrected for a fault, to be made to do the right thing straight away. This could be applied to such mistakes as turning on the ball, clearing across the goal mouth, hitting blindly, returning a hard ball without first stopping it, and many others. A well-known coach has evolved an excellent method of impressing upon the defending forwards, at a corner, how they must not remain in their circle. If they have stayed within this area once or twice despite her protestations, she insists on their leaving their sticks on the twenty-five-yard line before the corner is taken again. In this way, the forwards can take no part in the game until they regain their sticks well outside the circle, in their correct positions.

Umpiring should not be too strict to begin with—except when the fouls made are dangerous to the players—for, if the whistle is blown for every foul, there are too many interruptions for the players to obtain much practice or enjoyment in the game. A coach should first warn a player when she fouls but if she repeats the offence the penalty should be inflicted.

More Advanced Players.

When players have become thoroughly acquainted with the rudiments of hockey, they should be gradu-

ally introduced to more difficult technique, such as the right cut, the circular tackle, fielding with the hand, dodging, the scoop, the left-hand lunge and other one-handed strokes. They should be encouraged to make use of as many strokes as possible in practice games, to enable them to become thoroughly acquainted with what they learn in their stickwork periods, with special attention to the technique taught prior to each game.

More emphasis should be laid on varying tactics when taking rolls-in, long and short corners, bullies, etc.

The short passing game should be developed both for the forwards and defence, long passes being used when necessary or as a variation.

The players must also learn to do everything at top speed after a certain degree of accuracy has been attained. They must be quick not only on their feet, but with their sticks.

To encourage the use of a variety of strokes a coach might, at times, allow the players to count a point for each different stroke successfully accomplished. The players can either keep account of their individual scores themselves, or, if there is a spectator capable of doing this, she could be asked to act as scorekeeper. A coach is far too busy to take on this extra duty herself. At the end of the practice, the scores should be added up to ascertain which team has done the best. Points might also be *deducted* for fouls and such mistakes as hitting with the hands apart, fielding with the hands together, returning the ball on the fly or clearing across the goal.

In order to impress upon players the importance of

moving into the best position for receiving and getting rid of the ball, they should occasionally be forbidden, during practice games, to use the reverse stick. This teaches them to play the ball on their stick side and to resort to the reverse stick only when it is impossible to do anything else. If the push pass is not made use of as it should be the coach might, in the same way, refuse to let either team hit hard, except, perhaps, for centring, shooting and clearing. Every time a player should omit to push pass when it is at all practicable she should be made to play the ball over again.

Forward passing might be encouraged in similar fashion, square passing only being allowed inside either striking circle.

Should this plan cause too many interruptions, it might be advisable to adopt it only for the half of a practice.

Once or twice during a season the players might practise the positions opposing their own—the centre forward, for instance, would play centre half and vice versa. This helps them to realize the difficulties of their opponents' places, which knowledge should be of assistance to them when playing their own position.

Common Faults in More Advanced Technique

(1) *Fielding with the hand.*
   (a) Ball is not grasped in the fingers.
   (b) Palm of hand is not sloping forward.
   (c) Body is not behind ball.
   (d) Ball is stopped too close to the feet.

(2) *Right cut.*
   (a) The player touches her opponent before touching the ball.
   (b) Elbows are bent and the resultant stroke is weak.
   (c) Hands are not close together.
   (d) The toe of the stick does not meet the ball.
   (e) The opponent is tripped up with the stick.

(3) *Left-hand lunge.*
   (a) Swing back of the stick is too high.
   (b) Left arm is bent when the ball is hit.
   (c) No throwing movement of the right hand.
   (d) The wrist does not check the stroke after the impact.

(4) *Jab.*
   (a) Stick is not laid back enough.
   (b) Stroke is made with the elbow bent.
   (c) Wrist not held firm.

(5) *Right-hand lunge.*
   (a) Weight is not thrown forward on to the right foot.
   (b) Stick is not grasped tightly enough.
   (c) Stroke is not checked after the ball is hit.

(6) *Scoop.*
   (a) Handle held against the body.
   (b) Ball is raised too high because of too much wrist movement.
   (c) Right hand is not slipped well down the handle.
   (d) Stick is not laid far enough back.
   (e) Weight is not moved forward.

More Advanced Points for Team Play

Forward Play.

(1) Forwards must learn to dribble straight down the field and not zigzag across it.
(2) They should vary their forward passes with square ones, at times, besides making use of the back pass when necessary.
(3) Combine with each other by means of triangular passing.
(4) Forwards should be able to dodge as an alternative to passing.
(5) They must be able to centre and shoot on the run off either foot, according to their position.
(6) They must keep on the move or suddenly change their positions to get free of their opponents, when anticipating a pass.
(7) Two forwards must *rush* inside the circle.
(8) The attack must be on the watch against "offside."
(9) Forwards must learn to tackle back with discretion.
(10) They must also be able to stop the ball with their hand at penalty corners.

Defence Play.

(1) The defence should know how to field with the hand.
(2) Players should be able to dodge, to shake off an opponent before clearing.
(3) When defending, the players should be in a diagonal covering position, with one back in reserve.

(4) They should know the various methods of interchanging, and when to use them.
(5) They should learn to anticipate and intercept passes.
(6) Defence players must know when to pass at once and when to draw an opponent by dribbling.
(7) They should pass to each other when spaces to the forward line are blocked.
(8) They must know all the different tackling strokes, as, otherwise, their game is not complete.
(9) Half-backs must seize opportunities for shooting.

CHAPTER VII

STICKWORK PRACTICE AND RELAY GAMES

At the beginning of each season, coaches and club secretaries should see that plenty of balls are provided for stickwork, otherwise much time will be wasted by players having to wait their turn to practise. The ideal number is one ball to each individual, but as club and athletic association funds are seldom overflowing, this is scarcely ever possible. One ball between two players is quite a practical arrangement, as in most activities this will allow for every player to be working at the same time.

The story is told of a hockey enthusiast who, some years ago, was visiting a certain college and was asked to coach the students. When she went out to the field she was confronted by a hundred students—and one ball! How she tackled the situation was never divulged.

Composition balls, which are so much cheaper than leather ones, can be used for stroke practice, except for shooting at goal, when the bounding propensities of such a ball might prove dangerous to the goalkeeper.

It is generally found that in handling groups—and especially large ones—the quickest progress is made when the players are divided into teams or squads, each with its captain and manager, who are held directly responsible to the coach for the improvement,

discipline and spirit of those under them. While two of the teams are playing on the field, the rest should be practising stickwork under the leadership and instruction of the captains. This can hardly be applied to young children, however.

At the beginning of the period, the coach should demonstrate and explain the stickwork to be taken, leaving it to her assistants to keep their teams busy and interested until their turn comes to play in the game. Mass stickwork should sometimes be taken by the coach herself to see what progress is being made, and to correct mistakes in style.

Although the leaders should direct and coach their teams, they should take part in the activities themselves as well, otherwise their own play will suffer.

Coaches should meet their assistants once a week, if it is at all possible, to discuss and practise the work to be taken for the forthcoming periods, and talk over any difficulties and problems which may have arisen. In this way the leaders can keep slightly ahead of their teams, which is most important if they are to retain the respect and confidence of the others.

Coaches must aim at presenting technique not only in a methodical and thorough manner, but they must also strive to make it interesting. Those who are really enthusiastic themselves and who are able to show the players the numberless possibilities of the game, will hold the players' interest much more lastingly than superficial coaches who do not believe in stickwork, and who are all for letting the players rush wildly about on the field as they like, in order to let them "have a good time." It is possible that the players, to begin with, will thoroughly enjoy them-

selves, but the keener spirits amongst them will not be satisfied with this type of play for long.

It should be owned, however, that the average individual does not take very kindly to stickwork at the outset, but when the habit is formed and interest stimulated by means of relay games, tests, and team competitions, the coach should not have much trouble in this way.

The most orderly method of pairing players is to line them up, and after "numbering off," make the even numbers move forward and stand opposite the odds; all should then spread out to the required distance.

When teaching any stroke, the coach will find that if the players are allowed to do it freely first without a ball, this will help towards their acquiring good form. Then, with the ball, the stroke should be tried once or twice standing still, and then on the run. Once the fundamental points have been mastered, there should be as little practice as possible done standing, as players must be encouraged to keep on the move to prepare them for doing this on the field. One of the principal reasons why some players do not improve as they should, is the standing still habit, which so many acquire from lack of good coaching.

It is just as important, when coaching different tackles, to emphasise the "*finish off*" of the stroke as it is the stroke itself. Take, as an illustration, the right cut. A player, trying this for the first time, is inclined, after hitting the ball, to run in front of her opponent and collide with her. Instead, she should be taught to let her opponent overrun—being quick to take her stick away immediately after the

tackle—turn round and rush for the ball. If this tackle is made while an opponent is only moving slowly, the player must be careful not to obstruct when she turns to retrieve the ball. On these occasions it is advisable to pass the ball at once, partly for fear of fouling and partly because a forward may tackle back.

When taking relay games and competitions, a coach must see that teams are well distanced apart, so that players are not likely to interfere with or knock into, each other.

In the event of a team being incomplete one member might be allowed in relay games to run twice if this is practicable. At the end of each turn players should raise their sticks to indicate that they have finished; this will help the umpire in placing the teams in order of merit. Points should be awarded, the captains keeping account of the scores, which should be added up and announced at the end of the practice. If a player fouls or does anything illegal, she should be made to take the ball back a certain distance and be allowed to try again.

The following are a few suggestions and explanations of stickwork activities and games:

Dribbling

(1) *Straightforward Dribbling.*

Players in one or more rows, well spaced out across or down the field. Only one row dribbles at a time.

Points to Emphasise. Good style, and control of the ball. Habit to be formed of looking up, at times,

for direction of the dribble. Later it can be taken as a race to encourage speed.

(2) *Dribbling Round the Field from Left to Right.*
Players in single file.

Points to Emphasise. Close dribbling and turning of the left shoulder, with no reverse stick used.

(3) *Straightforward Dribbling Down the Side Line.*
Players in a line facing down the field.

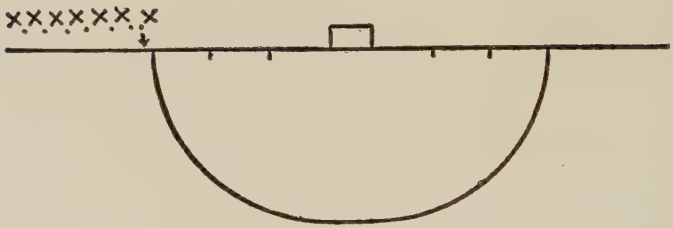
Points to Emphasise. Keeping the ball on the line to test straight and fast dribbling.

(4) *Dribbling and Reversing Direction on the Whistle.*
Players, in one or more rows, dribble straight forward till the whistle is blown, when they turn round to the right and retrace their steps. If the whistle is blown again before the players are back to the starting-point, they again turn to the right and set off in the opposite direction; and so on till they are back to their places, one line only working at the same time.

Points to Emphasise. Turns to be made to the right, with no reverse stick. Quick response to the whistle.

(5) *Dribbling on the Circle Line.*
Players in single file dribble first round to the left, then to the right.

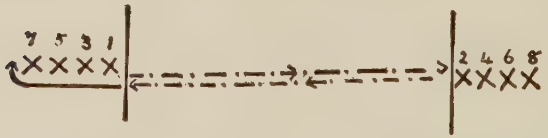
Points to Emphasise. Fast, controlled dribbling along the line.



(6) *Relay Shuttle Race.*

A team is divided into two halves at a distance of about twenty-five yards apart.

Number 1 dribbles the ball to number 2, who, on receiving it, dribbles to number 3 who has stepped



up to the line. On giving up the ball the players run to the back of the line on the stick side of their team.

The game is over when number 8 has given the ball to number 2 and has reached her place at the end of the file.

Points to Emphasise. Close dribbling at full speed.

(7) *Dribbling and Turning Relay Race.*

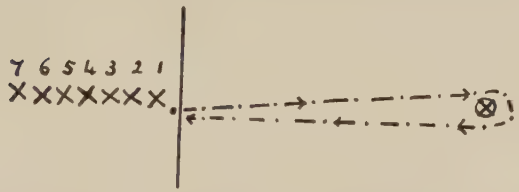
One player stands opposite her team to act as a "post," at least fifteen yards away.

Number 1 dribbles the ball to the stick side of the "post," circles round her to the right and dribbles back to number 2, who starts off while number 1 runs to the back of the file.

The game finishes when number 7 is in her original

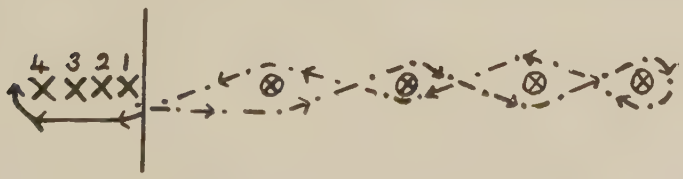
place, having given the ball to number 1. After each turn the "post" should change with a player. She should hold her stick down out of the player's way.

Points to Emphasise. Fast and controlled dribbling, with as small a turn as possible round post.



(8) *Zigzag Dribbling Relay Race.*

The players are divided into teams, one half of each team stands in single file behind a line, the remainder being placed at intervals of a few yards in the capacity of "posts." At a signal, the player with the ball dribbles forward and zigzags in and out of the "posts" turning from left to right round the last one, and, returning in the same way as shown in the diagram, giving up the ball to number 2. As in the other races, number 1 goes to the end of the line, and the turn is over when number 4 is back in her position.



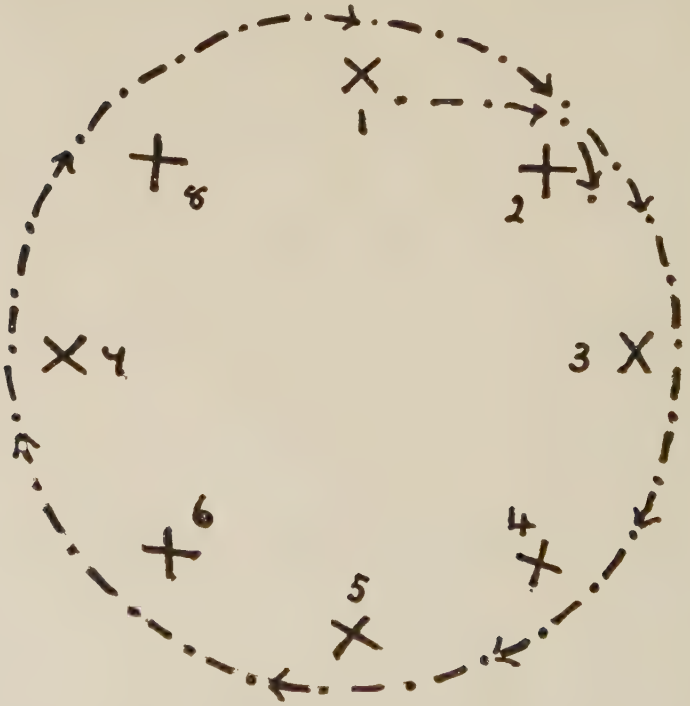
Should there be an uneven number of "posts" the players must dribble to the stick side of the first one, in order to make a turn to the right round the last.

Players and "posts" must change places after every turn.

Points to Emphasise. Dribbling as closely as possible to the "posts," with easy turning of the shoulders. Looking up while dribbling to note position of each post.

(9) *Circle Dribbling Race.*

The teams are formed into circles of the same size. Number 1 dribbles to the right round the circle, and



gives the ball to number 2—on her left side—who, after completing her round, does the same to number 3.

The game is over after number 1 has received the ball from number 8 and the latter has gained her place.

Points to Emphasise. Speed, turning of the left shoulder forward and control of the ball. As a variation the dribbling can be done zigzagging in and out of the players. No crouching over the ball. Players must be able to see where they are going, occasionally looking up.



(10) *"Home First" Dribbling Race.*

When the circles are made up of a large number of players, the members of each should stand close together for this race.

Numbers 1 and 9 compete first, each having a ball. They should dribble right round the circle trying to get back to their place, with the ball, before their opponent. After this turn, numbers 2 and 10 start, and the game is continued until every player has had a chance.

The competition can either be individual or numbers 1 to 8 can comprise one team and numbers 9 to 16 the second, the two teams competing against each other, each member in turn dribbling as above.

Should a player, while running, overtake the one in front, she should pass her on the outside.

Points to Emphasise. As in race number 9.

Hitting and Stopping

(1) *Hitting and Stopping in Pairs for Style.*

Points to Emphasise. Good style and quickness in getting rid of the ball. Players on the alert for each hit.

(2) *Hitting to the Non-stick Side of Partner.*

This will give the players practice in moving to the left to receive the ball.



Points to Emphasise. No use of the reverse stick. Receiver moving behind the ball before stopping it.

(3) *Running up to the Ball, Hitting and Stopping.*

The player with the ball places it several yards in



front of her, then runs up to it to hit to her partner opposite.

Points to Emphasise. Quick and correct positioning of body for the hit.

(4) *Dribbling, Hitting and Stopping.*

Points to Emphasise. The same as for number 3.

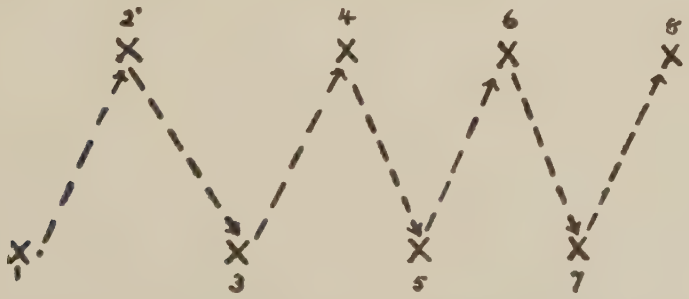
(5) *Hitting at an Object from the Edge of the Circle.*

An old basket or bucket might serve the purpose. This should be placed in the centre of the goal.

Points to Emphasise. Accuracy of aim.

(6) *Zigzag Hitting and Stopping Race.*

Each team is placed as in the diagram below, the two lines being at a good hitting distance apart.



Number 1 hits the ball to number 2 who, after fielding it, passes to number 3, and so on till the ball reaches number 8. Several balls can be used, but num-

ber 1 should not start the second ball until number 2 is ready to receive it. The other players also should not pass till the next one is ready.

The game ends either when number 8 has received all the balls, or when they have been returned in the same manner to number 1. Number 8, however, must not return any ball until they have all been sent to her.

Points to Emphasise. Quick and accurate hitting and alertness to receive the next ball directly after passing.

(7) *Circle Hitting Race.*

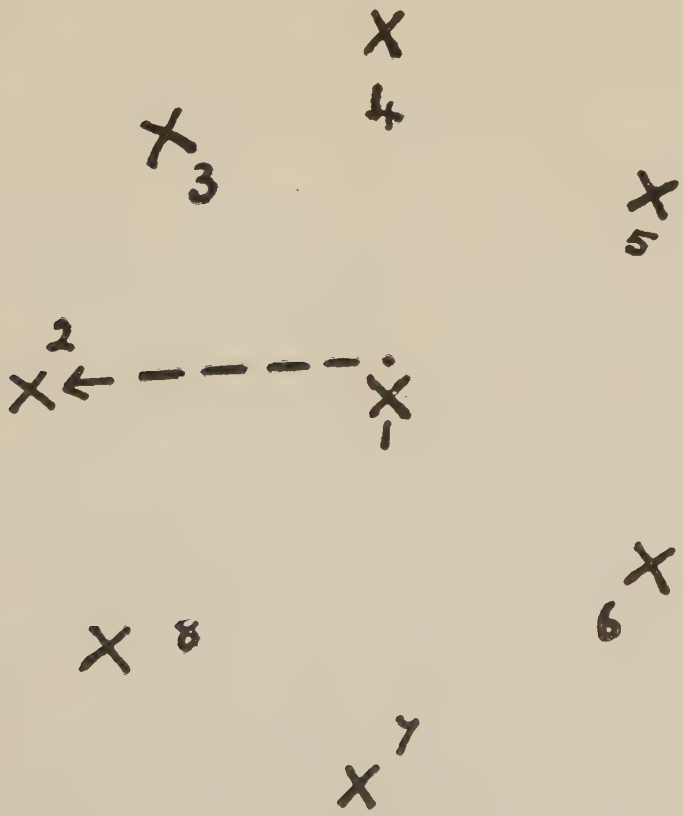
The teams are arranged in large circles, the player in the centre of each having a ball. A ring of about a yard in diameter should be drawn in the middle of the circles formed by the players. (Sawdust might be utilised for this, but it must be swept up afterwards, for, if left on the ground, it will kill the grass.)

Number 1 hits to number 2, who stops the ball and returns it to number 1. She must also stop it before passing to number 3. The centre player must get rid of the ball within the circle drawn on the ground. Should she field it outside, she must dribble it into that area before hitting. Directly *number 8* receives the ball she should dribble it into the circle and then pass to number 2 while number 1 runs out to fill up the space left vacant.

The game continues until number 1 is back again in the middle.

A team must be well separated from the ones next to it in order that players do not get hurt by balls from another circle.

When the push and scoop strokes have been learnt, they can be substituted for the drive; the ball can also be fielded with the hand or sole of foot instead of the stick.



Points to Emphasise. Quick and accurate hitting and stopping. Players on the watch to receive the ball, especially when the centre player has just changed with another.

Dribbling and Passing

(1) *Dribbling and Passing in Pairs.*

Players in two files at one end of the field, with at least ten to fifteen yards between the files.

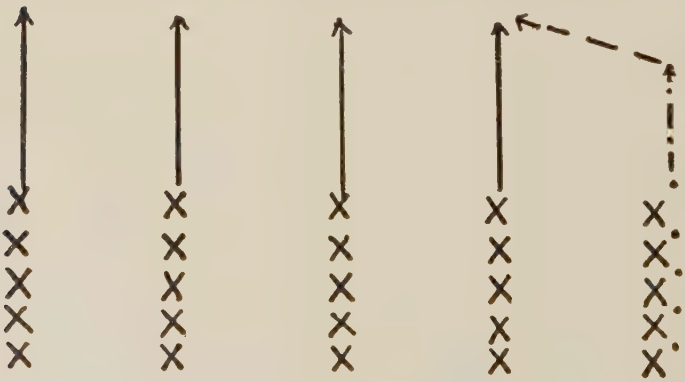
Each couple should be started in turn, to insure sufficient space for the players without interference from the pairs in front or behind.

Occasionally, the players might be instructed to get rid of the ball every time the coach blows her whistle, if the passing is not frequent enough.

Points to Emphasise. Straight dribbling and clean hitting, sending the ball in front of partner. Swinging of the left shoulder round when passing to the right and receiving on the left. Speed.

(2) *Dribbling and Passing with Five in a Line.*

Each group of five players should be placed across the field in forward line formation at one end of the ground. At first the ball should be played from the



right wing, all passes being directed to the left. Later, the more difficult direction should be practised.

The front line should have reached the twenty-five-yard line at least before the next moves forward.

Points to Emphasise. Keeping of positions. Players remaining *just* behind the one with the ball. Also the same points as for the preceding activity.

The push and right drive can be practised in these ways later on.

Straightforward Tackling

(1) *Dribbling and Straightforward Tackling in Pairs.* Players in two rows facing each other, at least ten yards apart. All those in one line should have a ball each and dribble straight towards the stick of her opponent, who moves forward to tackle.

Points to Emphasise. The one dribbling must not try and outwit her opponent by dodging or hitting the ball hard ahead, as she must give her opponent the chance to practise good style in tackling. The tackle must be a "block" and not a hit. Player's weight must be behind her stick when practicable. (See Chapter IV, Tackling.)

(2) *Dribbling, Passing and Tackling Game.*

At a signal teams 1 and 2 cross over their respective twenty-five-yard lines, the right wing of team 1 dribbling a few yards before passing. *Two* passes at least must be made to the left by this team before the ball crosses the centre line, otherwise a fresh start must be made. While their opponents are advancing, team 2 should run forward towards the fifty-yard line,

but must not cross it till one of its members has touched the ball. The object of the game is for either team to try and cross the opposite twenty-five-yard line with the ball. If team 2 gains possession of the ball the whole line should start to attack. Players must try to keep their positions and only tackle the player directly opposing them.



A point is scored when the ball is *dribbled* over the opposite twenty-five-yard line, but the game is over if the ball is *hit* over this line or the side line.

A very short time limit of, perhaps, one or two minutes should be set for each turn, if other teams are waiting to play.

For this game the twenty-five-yard line should be drawn right across the field.

When these two teams play their second turn team 2 should start with the ball. Later on the left wing can be allowed to put the ball into play and the first two passes must then be to the right.

Points to Emphasise. Marking the player opposite. Passing before being tackled. Keeping positions.

(3) *"Keep Away" Game.*

The players are divided into two groups or teams, one wearing some distinguishing mark. Two players



start the game by a centre bully, while the others are spread out over the field in pairs, one from either team, to mark each other.

The object of the game is for the players of one

team to pass to each other as often as possible before being robbed of the ball. Both captains should count the number of passes given in sequence, the team having the most in a single turn wins, when time is called.

Points to Emphasise. Quick passing, players keeping on the move to shake off their opponents. Looking up before passing to judge the direction. Close marking of particular opponent.

No boundaries or goals.

(4) *Dribbling, Tackling and Clearing in Pairs.*

In this activity the players should be divided into four sections, each section being placed in two rows across the field, facing each other, with the exception of one who stands well out to the side by herself.

The first player in each section dribbles forward



while her opponent goes out to tackle her. If the latter gains possession of the ball she clears to the player who is placed away from the others, ready to receive the ball. Before the second couples start, the first must have moved out of their way down the centre to the end of the lines, and the receivers must be ready for the next clear.

When the second turn is taken clearing should be to the right.

Points to Emphasise. Quick moving of the feet in relation to the ball before clearing. Accurate aim.

Push Stroke.

(1) *Forward Push Pass in Pairs for Style.*

(2) *Forward Push Pass to the Left of Partner.*

After the receiver has stopped the ball, she should dribble into line again with her partner before passing.



Points to Emphasise. Stroke directed well to left of partner. Receiver to start running as soon as ball is passed.

(3) *Dribbling and Forward Push Passing on Whistle.*

Whole group divided into three rows—two behind the centre line and one behind the goal line.

On the signal being given row 1 dribbles forward until the whistle is blown to indicate the moment for a push pass to the opposite player in row 2. Players in this line field the ball but do not begin dribbling until row 1 has run behind them into the same formation.

Each row should have at least three turns of dribbling and push passing.

Points to Emphasise. Straight and fast dribbling. Well directed passing and controlled fielding.

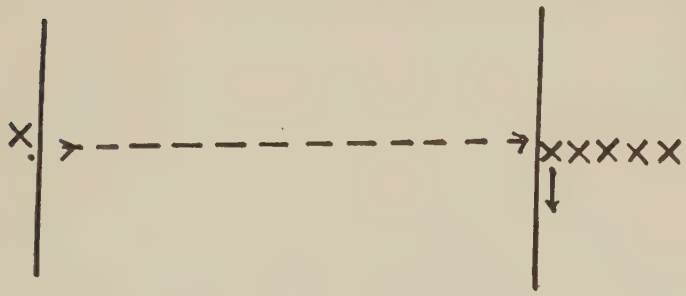


(4) *"Push and Step" Game.*

Teams consisting of about six players line up in single file with one player standing opposite, some little distance away.

The game starts with number 1 pushing the ball to number 2 who stops it, and passes back to number 1. Immediately after passing, number 2 must step to the left before number 1 can send the ball to number 3. Each player repeats this until the ball is received and returned by number 6, when number 5 moves back into her place in front of number 6. The ball is passed backwards and forwards, the players in turn stepping back into line, until they are in their original formation and number 1 has received the ball from number 2.

Every pass must be fielded and the player be behind her line before the ball is got rid of. If this is not done the previous pass must be made over again.

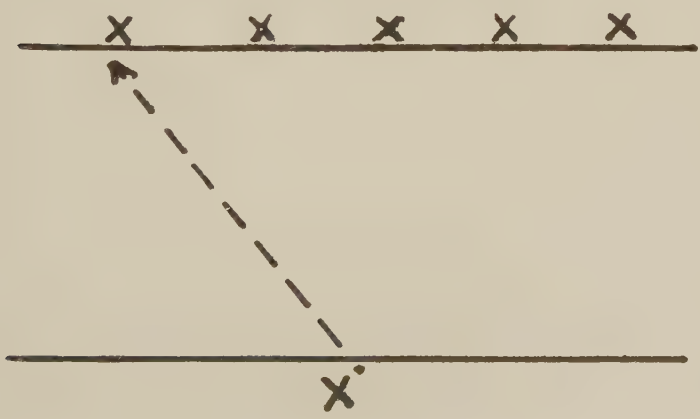


After every turn the first player should change with one in the file.

Points to Emphasise. Controlled passing and fielding, executed as rapidly as possible.

(5) *"Push, Stop and Dribble" game.*

This is a variation of the preceding game. Number 1 push passes the ball to the players in turn,



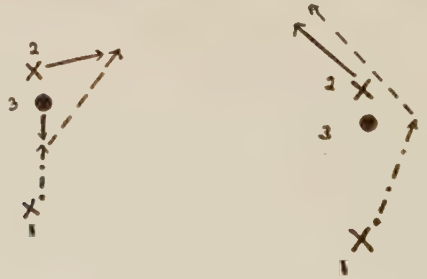
commencing with number 2. When number 6 has fielded it, she dribbles to number 1's position, while that player runs behind the opposite line next to number 2. This player, as well as the others behind the line, moves one place to her left. Number 1 must have dribbled behind her line and the others be in their original positions, before the game is over.

Points to Emphasise. Same as for "push and step." Also quick changing of positions.

(6) *Dribbling, Drawing and Forward Passing.*

Players in groups of three.

The one with the ball dribbles forward, at the same time looking up to see to which side her partner (number 2) is moving to get free, push passing to her when number 3 has been drawn forward to tackle. At every turn the players should exchange positions.

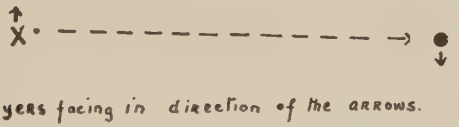


As a variation, number 1 could dribble diagonally across to the non-stick side of number 3 and pass around her either with a push or gentle hit to number 2.

Points to Emphasise. When the ball is hit to number 2 the player must not hit hard, as the ball or stick may meet her opponents' legs.

(7) *Push Pass to the Right in Pairs, for Style.*

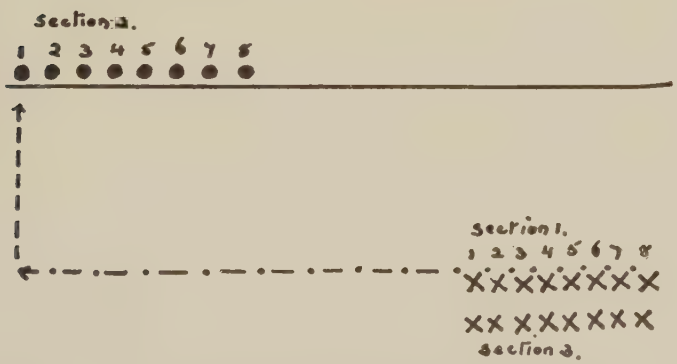
Partners face opposite directions to be in a position to pass squarely to the right directly the ball is fielded.



(8) *Dribbling and Push Passing to the Right.*

Players in three sections.

Section 1 dribbles forward until each player is opposite her corresponding number in section 2, when a right push pass is made to her. Section 2 fields

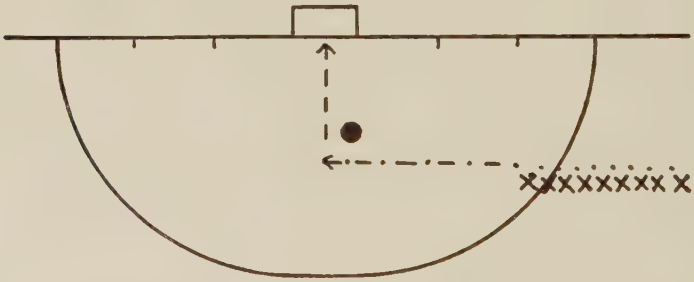


the balls and dribbles back across the field to pass in similar manner to section 3. Section 1 takes the place of section 2, while the latter moves into the position of section 3 when this line has dribbled forward.

Points to Emphasise. Straightforward dribbling.

Ball outside the right foot, and the left shoulder swung round before passing. Players well spaced out for dribbling and receiving.

When testing players singly in this technique they might dribble in turn across the middle of the circle at right angles to the goal. One player stands as a mark, level with the nearer post. When the player



has dribbled past this point, she should push pass into goal. This will save delay in having the ball fielded.

(9) *Dribbling in a Circle and Push Passing Across It.* Players in one or more large circles.

All dribble from left to right in circle formation and, at a signal, push pass square to the right across it. The ball nearest to a player should be fielded by her, but players must be on the lookout not to run into each other, as more than one may happen to make for the same ball.

Points to Emphasise. Close dribbling with ball on player's right side, left shoulder swung forward. Passing to be as square as possible.



(10) *Zigzag Passing.*

Six players out of every group of eight are placed at intervals of a few yards in single file in the capacity of "posts." The remaining two start on a line with number 1. Number 8 passes the ball diagonally to the right, between the first two posts, to be picked up



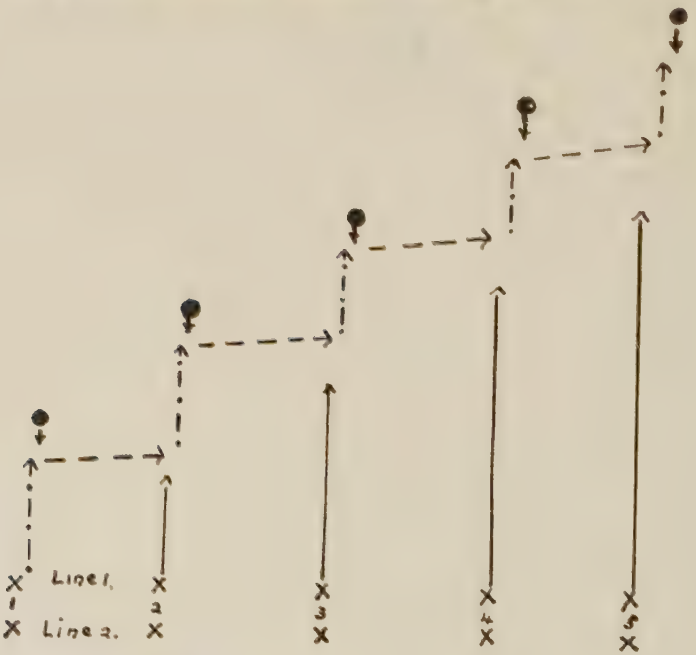
by number 7 and passed again to number 8 through the next space. This is repeated until both players

are at the end of the file. They then change places with two of the "posts."

Points to Emphasise. Players to keep well away from "posts." No dribbling, if possible. Ball to be steadied before pass is returned.

(11) *Dribbling, Drawing and Passing.*

Players are divided into groups of five, each group —with the exception of two— being placed in forward line positions behind the centre and goal lines.



Five defence players stand facing the forwards in diagonal formation in both halves of the field. The left wing in line 1 dribbles a yard or two and passes

square just before being tackled by her immediate opponent, the whole forward line keeping just behind the ball. Each forward in turn is passed to until the right wing gains possession. No defence player should move forward until the ball is sent to her own opponent. After its turn the first attacking line waits beyond the defence. The last line, after having played the ball, change places with the defence, but face the waiting forwards in the opposite direction from the starting position.

Should an attack, in being tackled, lose the ball, she should be allowed to take it back and try again.

Passing should be practised to the left as well as to the right.

The same player must not start the ball for the second turn.

Points to Emphasise. Square passing just before opponent tackles. Passing to be executed a little sooner to the left than to the right.

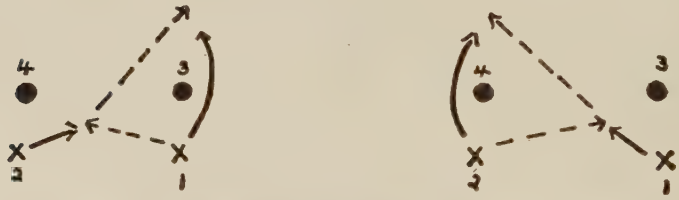
(12) *Triangular passing.*

Players in groups of four.

Number 1—marked by number 3—passes almost square to number 2. The latter runs forward to meet the ball, steadies it, and executes a through pass before number 4 can interfere. Immediately number 1 has given up the ball, she must swerve round her opponent with all possible speed if she is to pick up the pass at once. At the second turn number 2 should play the ball first making a right pass to number 1, then, finally, both pairs should exchange places.

Passes can be made either by means of the push or the drive.

When practising these passes at the outset, the two players on the defensive should merely act as "posts" until some accuracy has been acquired, when they should be allowed to tackle.



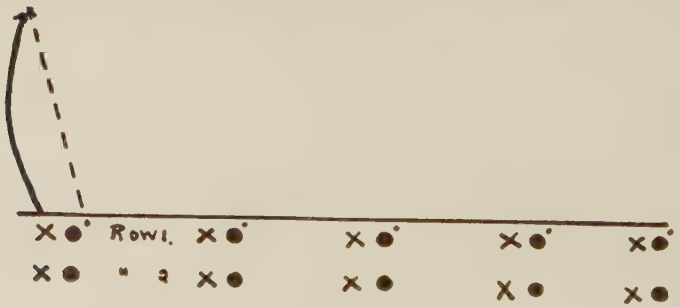
Points to Emphasise. Strength and direction of passes must be very well judged.

(13) *Backward Push Pass in Pairs, for Style.*

(14) *Receiving on the Left and Diagonal Backward Push Passing.*

Players lined up in pairs at intervals across the field, some rows being behind the goal line, others by the centre line, both halves of the field being utilised.

In row 1 the player on the right of each couple



pushes the ball forward and slightly to the left. The other one dashes forward, receives the ball, overruns

it, until it is a little behind her on her stick side, and, after swinging her shoulders round, passes diagonally backward to her partner, who is still in her original position. After this row 1 moves to the back—partners changing sides—and the second row takes its place.

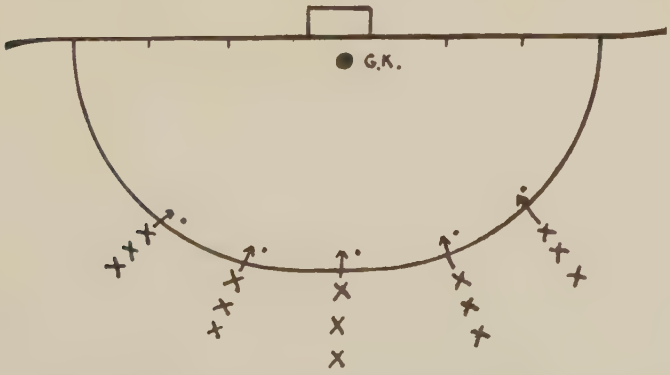
If the receiving of the ball is a difficulty, it might be rolled to the players instead of being pushed, as the direction and strength of the pass can be more easily controlled in this way. The pass must not be too hard, especially if only half the field is available, as the players by the centre line may be in the way.

Points to Emphasise. Overrunning of the ball. Shoulders turned square to the direction of the back pass.

Shooting and Rushing.

(1) *Shooting from the Edge of the Circle.*

Players in files outside the circle, balls on the circle line.



Those in front shoot *in turn* at the goal, the players running up to hit the ball. They retire to the back

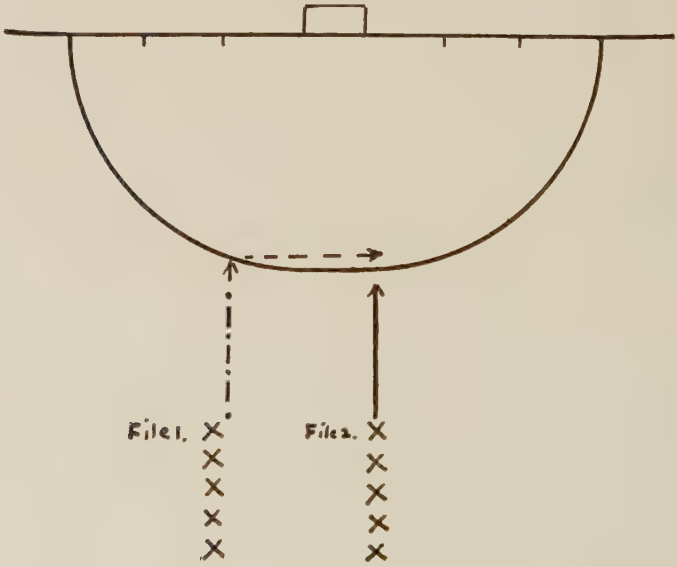
of the files after replacing the balls. Later on the ball should be brought back about five yards, dribbled until it is just inside the circle and then hit on the run.

Points to Emphasise. Aim to be taken at the corners of the goal, left shoulder pointing towards direction of shot.

Hard hitting near to goal mouth should not be allowed as it may do the goalkeeper some real injury, especially if the ball is undercut. Player must see if goalkeeper is ready for her shot.

(2) *Dribbling, Passing and Shooting.*

The first player in file 1 dribbles to the edge of the



circle and passes square across to her partner in file 2, who keeps level with her to receive and shoot at

once. Both should rush, for the sooner the habit of following up a shot is acquired, the better it is for their game.

Files should change over positions after the first complete turn, and later they should move round the circle for practise in shooting from all angles.

Experienced players might also attempt shooting on the "fly" from a right or left pass, but they must guard against "undercutting."

Points to Emphasise. No dribbling in the circle. Eye on the ball.

(3) *Dribbling, Pushing or Scooping into Goal.*

Players in rotation dribble down the centre of the circle towards the goalkeeper and, before she is able to tackle, push or scoop the ball into one or other of the corners of the goal. It is better to scoop to the goalkeeper's stick side and push to the other, swerving out of her opponent's way.

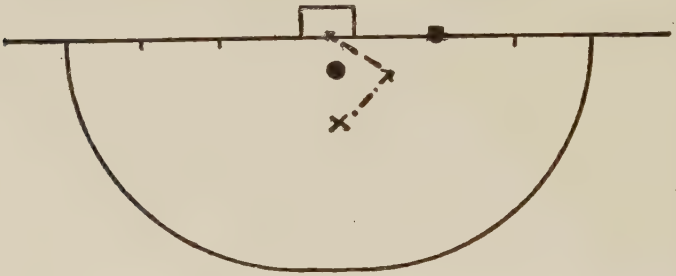
Points to Emphasise. Ball must not be got rid of too soon, otherwise it will be intercepted by the custodian. Player must look up while dribbling to see how close the goalkeeper is to her.

(4) *Dribbling, Dodging and Shooting.*

The goalkeeper rushes well into the circle to meet an on-coming forward. The latter dodges round her, either pulling the ball to the left or pushing it to the right, and flicks the ball into goal when she is past her opponent. She can also dribble across to her opponent's blind side and shoot behind her if the goalkeeper is not quick enough to block the way. This shot must be very well controlled and should not, of

course, be hard, as the ball or stick may meet the goalkeeper's legs.

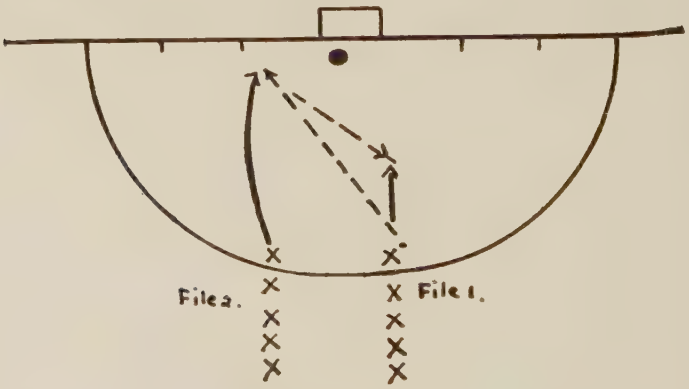
Points to Emphasise. Dribbling and dodging must



be at full speed to take the defensive player by surprise. (See Dodging, Chapter V.)

(5) *Backward Push for Partner to Shoot.*

The first player in file 1 sends the ball diagonally across the circle to the left. Her partner in file 2



rushes to save it from going out, overruns it, and makes a diagonal back pass to the middle of the cir-

cle, where the other player should be waiting to push the ball into goal.

Back passes from the right can be practised also, but they do not present the same difficulties as those from the other side.

Points to Emphasise. Speed in reaching the ball and quick positioning for the backward push.

(6) *Shooting and Rushing in Pairs.*

Each player in turn dribbles forward and shoots on the run as soon as the ball has crossed the circle line. She must rush her own shot with the assistance of one other player.

When either wing shoots, the centre forward follows in as well; the left inside does the same for the centre; and the inners support each other.

Points to Emphasise. Assisting player to keep slightly behind the ball before it is hit in order to be on-side.

Rushing must be executed with dash and determination.

Bullies.

Bullying in pairs. Methods of bullying described in Chapter V.

One player should allow the other to obtain the ball at first without interference, until the different bullies are learnt. Getting rid of the ball quickly by means of short push passes can be practiced, but hard clears to the wing can only be tried when players are bullying in rotation.

Rolls-in.

Rolling-in in Pairs for Style.

Forward, square and reverse rolls, as described in Chapter V.

Circular Tackle in Pairs for Style. (See Tackling, Chapter IV.)

Corner Hitting, Receiving and Shooting.

(1) Same player stops the ball—practising all methods of fielding—and shoots herself.

(2) One player stops and passes the ball for another to shoot.

(3) One player stops the ball with her hand, while another shoots directly the first one has stepped away. (See Chapter V, Penalty Corner.)

Left-hand Lunge in Pairs for Style.

Points to Emphasise. When the ball is dribbled closely, the player tackling should hit the ball backward. If the dribbling is loose, it should be tapped gently across an opponent and either picked up when the latter has overrun, or left for another player to do so.

Right Cut in Pairs for Style.

Dodging.

(1) *Dribbling and Dodging in Pairs.*

Dodges are described in Chapter V.

(2) *Dodging Relay Race.*

Out of a team of eight players three are placed as "posts" in single file at intervals of at least five yards. The other players stand at either end some distance from the "posts."

This game is somewhat similar to the shuttle relay race, except that the player has to dodge round each

"post," pushing the ball to the right and swerving to the left, finally dribbling up to a member of her team at the other end.



Points to Emphasise. Dodging to be quickly done. The push to be as straightforward as possible. Players to look up before dodging to note exact position of next "post."

(3) *Stopping Ball and Dodging, in Pairs.*

Partners face each other at least eight yards apart. Number 1 pushes the ball to number 2 and rushes her at once. Number 2 stops the ball—only using her hand, if she has ample time—and, after waiting till her opponent is almost up to the ball, dodges round her.

This activity is to teach the defence to dodge an on-coming forward.

Clearing can be combined with this in much the same way as described earlier in this chapter under tackling and clearing. Players in either line must be well distanced, as the one who hits must have plenty of room to swing her stick.

Right Drive.

(1) In pairs for style.

A player should run up to the ball before hitting. Partners facing opposite directions.

(2) Dribbling and passing in pairs.

(3) Dribbling and shooting on run with the right drive. This should be done individually.

Scoop.

(1) In Pairs for Style.

(2) *Dribbling, Drawing, and Scooping.*

Players in groups of three.

Number 1 dribbles towards the stick side of number 3 and, when a yard or more away, scoops the ball



over number 3's stick to her partner number 2.

Points to Emphasise. Number 2 should draw a little to the left to allow for the pass being sent ahead of her. Number 1 must push the ball a little forward before scooping, otherwise it may be too close for the stroke. Ball should not be raised higher than a foot or two off the ground.

Job.

(1) Individually for Style.

(2) *Jobbing and Dribbling.*



Players in pairs behind the side line, the balls on the five-yard line.

When the whistle is blown the couples dash forward to try and reach the ball by means of the job. The one who gains possession dribbles on a little to outdistance her opponent.

After every turn opponents exchange places. Those on the right should use the right hand, and those on the left the left hand.

Points to Emphasise. Quick starting, making use of reach to play the ball.

Job and Circular Tackle.

Players in pairs.

One player tackles on the left of her opponent and



The Job

jobs the ball away from her stick. As soon as she can she should put both hands on her stick again and complete the tackle by using a circular one.

Right-hand Lunge in Pairs for Style.

Goalkeeping Practice.

(1) Stopping shots from the edge of the circle with the legs together, and clearing to the side with the stick.

Players posted at either side of the field to retrieve the clearing hits.

Points to Emphasise. The goalkeeper should face squarely the direction from which the shot is coming. She must clear to the nearer side. All players ready for each hit.

(2) Stopping shots from the circle line to either corner of the goal by stepping with one foot, and saving with the inside of the instep.

Points to Emphasise. The knee should be well bent if a long step is needed. If the ball is bounding, the side of the leg should be used.

(3) Dashing out to tackle a forward who is dribbling inside the circle.

Points to Emphasise. A goalkeeper must be careful not to collide with the forward when tackling her. An attack, running at full speed cannot check her pace immediately.

(4) Stopping with the legs and clearing to the side with a kick, using the inside of the instep.

Points to Emphasise. When kicking to the left the right foot should be used, and vice versa.

(5) Running out of the circle to field the ball when an opponent has entirely lost control of it.

Points to Emphasise. The goalkeeper must only go out when she is confident that she should be able to reach the ball first.

(6) Kicking on the "fly" from shots coming at an angle.

Points to Emphasise. Shots from the centre must

not be kicked on the "fly." The ball must not be raised when clearing it. (See Goalkeeping, Chapter IV.)

(7) Catching the ball in the air with the hand, dropping it and clearing.

The balls should be thrown at the corners of the goal at varying heights.

Points to Emphasise. The ball must not be hit forward with the hand.

Forward and defence players should be made to practise together the same stickwork for a considerable length of time until an all-round knowledge of technique is acquired. Later they can be separated into two groups in order to perfect themselves in strokes and activities which are directly related either to forward or defence play.

Finally, players should concentrate on those things which are specially applicable to their own particular positions. The wings, for instance, may be set to practise dribbling and hard centring; inside forwards, shooting on the run; half-backs, dribbling and scooping; full-backs, stopping with the hand and dodging; and goalkeepers, saving the forwards' shots.

Players with considerable speed should not be paired off with very slow ones. They will either get into lazy ways, or else the slow players will be unable to keep up with them when practising strokes. Good players, however, should occasionally be placed with inexperienced ones to give them a helping hand, but if this is done habitually, the former will become bored with opponents too easy for them.

The order in which the above activities have been listed must not be misunderstood. It is not intended

that all, or even most, of the dribbling activities should be taken before such things as hitting, stopping, or tackling, or that the different strokes should necessarily be taught in the above sequence. Under each main heading, however, some attempt has been made at gradual progression, though opinions will probably differ slightly on this subject.

Where space is limited and numbers are large, a modification or change of the formations suggested may have to be made in some instances. These formations are only meant to be a rough guide and would, most likely, be impracticable and inadvisable under certain conditions.

Points have not been specially emphasised in regard to the technique of strokes, as this subject has already been taken up in Chapter II.

CHAPTER VIII

HINTS TO UMPIRES

Every club in the country should adopt the slogan of "More and better umpires," and club members should not rest till it is put into effect. If more people took up umpiring there would be fewer games spoiled from lack of official control, and there would also be more likelihood of better umpires being found if there were a large number from which to choose.

Efficient umpiring has most certainly a very beneficial effect on the standard of play. It helps players towards a more accurate understanding of the rules, and a stricter observance of them.

When players retire from active participation of the game, they should be given every encouragement to try their hand at umpiring; eventually they may find it almost as fascinating as actually playing, besides their having the added satisfaction of knowing that they are contributing something to the welfare and progress of the game.

Every umpire should be ambitious enough to aim at obtaining a local rating, and when that is accomplished, she should not be content until she has received the higher qualification of a national one. A definite objective is a great incentive in all walks of life, and this system of rating has already largely helped toward raising the standard of umpiring all over the country. However, still more players are needed to take a real interest in this activity.

Equipment

An umpire must possess a whistle with a good clear tone, and should carry an up-to-date book of the rules in case of any disagreement. She should also have a "visor" (eye-shade) as a protection from the sun. This is really very necessary, as it is almost an impossibility to umpire well against a bright sun unless the eyes are shaded.

Tight skirts or high-heeled shoes should on no account be worn, as the former will hinder running, and the latter will ruin the ground and may even cause a sprained ankle.

An umpire's dress should be as distinctive as possible from that of the players, so that she cannot be mistaken for one of them.

Duties of an Umpire Before a Game

It is very important that the balls to be used should be examined by one of the umpires, as illegal ones, such as rubber or composition, must be strictly forbidden. Shoes with spikes or projecting nails should also not be allowed, nor any sticks with jagged edges, or anything else which may cause injury to another player.

The two umpires must meet and decide as to the half of the field, the side line, and the five yard area to be taken respectively, and who is to whistle for the first bully.

They must also see that the captains toss for choice of ends, and inquire the length of time agreed upon by them.

Captains must also point out their respective goal-

keepers, as the umpires must know which player is to be allowed the privileges of this position.

Her Position During Play

As there should be two umpires officiating whenever possible, the field is divided in half, from the centre to the goal line, over which one umpire has jurisdiction. She has, furthermore, to make out-of-bounds decisions down the length of the nearer side line, and, if agreed upon with the other umpire, should call fouls in the whole of the five yard area as well. It used to be extremely difficult to be sure of obstruction when the whole width of the field was taken. An umpire should, as a rule, move up and down the attacking right wing's side line, *outside* the field of play, as the players must not be inconvenienced. There are times, however, when it is absolutely necessary for the umpire to go well in, even to the edge of the circle, or behind the goal line, in order to see what is occurring. When the ball is in the other half of the field, she should not go past the centre line on awarding a free hit or a roll-in, as she must be ready to judge off-side on the chance of the ball being returned to her part of the ground.

At a long or short corner the umpire's best position is midway between the goal line and the edge of the circle, though well out towards the five yard line. For bullies she can also move in a short way, provided she does not stay on the field after the ball has been hit.

Signalling

The whistle should be sharply blown when fouls are made or the ball goes out of bounds. Two sharp

blasts, or one long one, should be used to designate half-time or the scoring of a goal. No whistle is necessary for a bully on the twenty-five yard line, for a free, or corner, hit or roll-in. Directly the whistle has stopped the game, the umpire should signal with one arm to indicate the team which is to play the ball. The hand should point to the goal line towards which the team is going, and the umpire should try to be level with the spot from which the hit is to be made, as a guide to the players. Some officials use the other arm to point out the spot for the free hit, but a double arm signal may be confusing.

It may be necessary to use the voice, or even to go in and place the ball, if there is any misunderstanding. For experienced teams it is needless to call out the foul or the penalty, but this must certainly be done when players obviously do not understand.

To show the difference between a long and a short corner, the umpire should call out her decision, as well as point towards the place from which the hit is to be taken. It must be borne in mind that penalty corner hits can be made from either side of the goal, according to the choice of the attacking team.

Out-of-bounds decisions should be made promptly and firmly.

On the occasion of a roll-in, it helps the players for the umpire to call out the team which is to take it, as a player running to retrieve the ball may waste time in looking for the official's arm signal.

"Holding" the Whistle

There is a clause in the rules which cautions umpires against stopping the game for the award of

a penalty, when this would be to the advantage of the offending team. Umpires must especially be careful over this *inside the circle*, when the *defending* team fouls. If, after a foul, the attack still retains possession of the ball, it is generally considered better not to interrupt the game. Even if the forward is robbed of the ball, the umpire should not whistle at once in the event of another forward receiving it inside the circle. She should "hold" her whistle for a moment or two to be able to judge of this. This "holding" of the whistle applies to other parts of the field, for a player would rather be allowed to go on with the ball—when no inconvenience has been caused by a foul—than have the play stopped.

If, in this way, rough play is not penalised, a warning should be given to the offender.

The whistle can be blown at once when an attack fouls inside the circle, as a defence is sure to welcome a free hit so close to her goal.

Points to Note on the Following Occasions:

(a) *At the Bully.*
  (1) That the two players taking the bully are standing "square."
  (2) That both teams are on-side.
  (3) That no player crosses over the line on which the bully is taken before the ball is hit.
  (4) That neither player taking the bully pulls the ball between her feet nor commits any other breach of the rules.
  (5) That no player, other than the two taking the bully, is within three yards of the ball.

(6) That the ball is placed correctly, especially when the bully is on the twenty-five-yard line or in the circle.

(b) *At the Roll-in.*

(1) That all players are outside the five-yard area.

(2) That the one rolling-in has her feet and stick behind the side line.

(3) That the ball crosses the side line and touches the ground within a yard of where it went off.

(4) That the ball is not thrown or bounced.

(c) *At a Free Hit.*

(1) That all players other than the one taking the hit, are at least five yards away from the ball.

(2) That the ball is motionless before the free hit is taken.

(3) That no scoop stroke is used.

(4) That the one taking the hit does not make sticks.

(5) That she does not touch the ball twice before another player has touched it.

(d) *At a Long or Penalty Corner.*

(1) That the hit is taken from a legal spot.

(2) That all those of the defending team have their feet and sticks behind the goal line.

(3) That they are five yards away from the ball.

(4) That they do not rush out before the ball is hit.

(5) That the attacking team are outside the striking circle, both feet and sticks.

(6) That the ball is *stopped* before a shot is taken

at goal, unless it has already been touched by one of the defending team.

(7) That the player taking the hit does not make sticks or touch the ball twice in succession.

(8) That the ball is not kicked or advanced by the hand when the pace is taken off it by a member of the attacking team.

(9) That the wing, who has taken the hit, does not get off-side by remaining near the goal line.

When the player taking a *free hit* or *roll-in* puts the ball into play so quickly that *opponents* cannot move to the required distance, the umpire should *not* recall the ball. Neither should she prevent the ball from being played if an opponent loiters close to it in order to delay the free hit or roll-in, and so give the members of her own team time to place themselves in advantageous positions.

When the ball is sent over the goal or side lines, but not between the posts, off the sticks of two opponents a *bully* is awarded, and the ball is placed opposite the spot where it went out. In the first instance it is taken on the twenty-five-yard line, and in the second instance in the five-yard area.

Penalty Bully

Umpires, on the whole, are extremely diffident over awarding penalty bullies, probably because of the severity of the punishment. If they know the rules thoroughly and can "size up" situations, they should not have much difficulty in judging when to impose such a penalty.

The offences which call for such a ruling are:— either a *wilful* breach of the rules inside the circle, or a foul which has, most probably, prevented a player from scoring. Holding a player's stick down by an opponent's stick, when the former is trying to play the ball, might be considered a "wilful foul." Also such things as deliberate charging, tripping, and obstruction, or any offence which an umpire considers is *intentional.*

Under the second clause of the rule, an umpire must be careful to note the position of the attacking forwards, when certain fouls are committed, before awarding a penalty bully. If, for instance, in stopping a shot with her foot, a goalkeeper fails to take it away from the ball immediately and prevents a near-by forward from shooting, a penalty bully is most certainly deserved. Should a full-back, however, *unintentionally* kick the ball away from a forward who is about to shoot from the *edge* of the circle, an umpire should "hold" her whistle. With the goalkeeper between the posts, it can hardly be judged that a goal would most probably have been scored from the circle line. The correct ruling, in this case, would be a *penalty corner*, provided the umpire considers it wise to stop the play. On awarding a penalty bully, an umpire must see that the ball is placed on the *actual spot* where the foul occurred. Also that the player who committed the offence takes part in the bully against any player chosen from the opposing team. All the other players, including the defending goalkeeper, must stand beyond the twenty-five-yard line and take no further part until the penalty bully is over. *This bully is over* when the ball is hit outside

the circle by either player; when the attacker fouls; when the attacker hits the ball over the goal line; when she scores a goal; or when the defender fouls and a penalty goal is awarded. *The bully is taken again* when both players foul simultaneously; when the defender hits the ball over the goal line, but not between the posts; or when a player beyond the twenty-five-yard line crosses over and interferes, unless this decision is to the advantage of the offending side.

Play is re-started with a bully in the middle of the field when a goal is scored or a penalty goal awarded. On all other occasions, the bully is taken in the centre of the twenty-five-yard line. All players must be on-side except the two actually bullying.

Obstruction

This is one of the most difficult fouls to detect, especially when players crowd together, but if it is allowed to go unchecked it will soon ruin a game.

Different Forms of Obstruction.

(1) A player obstructs, if, when tackling on the left side of an opponent, she touches that player before she touches the ball.

(2) Also, when she places her body in such a way that she prevents a member of the opposing team from playing the ball.

(3) A player is said to "turn on the ball" when, in tackling on the left, she interposes her body between the ball and her opponent and turns round, still illegally keeping her opponent from reaching the ball.

(4) A "half-turn" can be caused by a player merely turning her shoulders, if, by so doing, another player is obstructed.

(5) This foul can also be made when, on the stick side of an opponent, a player draws the ball from the left across to her right, putting her elbow or shoulder in the way.

(6) "Cutting in on the left" is a form of obstruction caused by a player running across between an opponent and the ball, either to stop her from reaching it or to break her pace.

Off-side

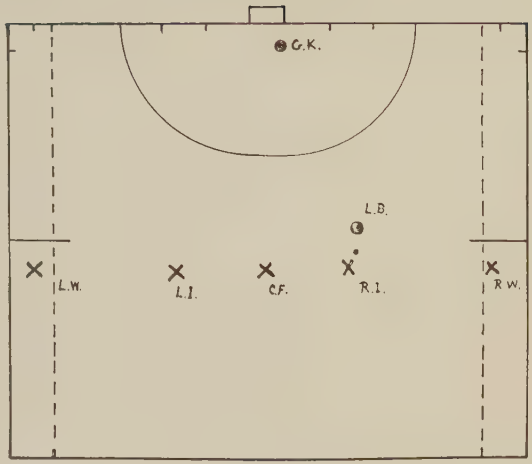
According to the rules a player is off-side when there are less than three opponents between her and her opponents' goal line, provided she is in front of the ball at the moment it is passed in her direction by one of her team and that she is in her opponents' half of the field.

A player cannot be off-side when she is in her *own* half of the field; when she is *behind* the ball; or when she has *three* opponents between her and the goal line.

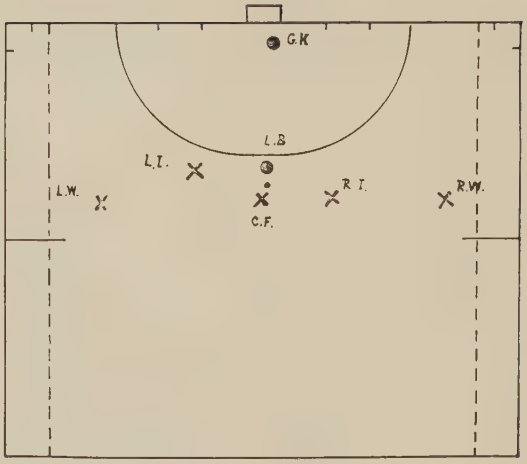
It must be remembered in connection with this rule that a team defends its own goal and shoots into its opponents' goal.

To be able to judge off-side fairly an umpire must be not only on a line with the ball, but level with the foremost forward of the attacking line.

Off-side can be called on a player before she even touches the ball, so long as she moves towards it, or, by being in an off-side position, gains any advantage. This may be brought about by a forward drawing an



Forward Line in an On-side Position, the Players Being Behind the Ball



Left Inside in an Off-side Position

opposing defence out of position in order to mark her or by standing close up to a goalkeeper when another forward is shooting. This can be most distracting to an opponent.

Interference with Sticks

It is hardly an exaggeration to say that, in poor hockey, this foul is the most frequently perpetrated and, probably, the least frequently penalised of any. Before trying to justify this statement, it might perhaps be as well, for the sake of clearness, to enumerate the fouls which come under this heading.

(1) "Hooking" or holding down a stick.
(2) Hitting at sticks.
(3) Tipping a stick up.
(4) Handling an opponent's stick.

"Hitting at sticks" is the foul which is so often seen in a game. Inexperienced players, with untrained "eyes" and uncontrolled strokes, will, time and again in tackling, hit their opponent's stick when aiming at the ball. This is a foul, whether done intentionally or not, provided the player hits the stick before the ball. The reason why this is not often penalised is partly due to the fact that an advantage is not always gained by so doing, and partly because umpires seem to forget or do not realise that it is a foul. Any player who repeatedly hits an opponent's stick should be warned about it even if there is no need to stop the play, as the game will become rough and wild if it is persisted in.

The other kinds of "interference" are rarely indulged in, but, when used, should be strictly dealt with, as

they are generally a great handicap to the player fouled.

Undercutting and Dangerous Hitting

A ball hit in the air may not necessarily be an undercut but it is usually a source of danger to the players and can be penalised as such. An undercut is an illegal hit made with the stick laid back, which lifts the ball. Umpires must be careful not to confuse the scoop with the undercut as in both cases the ball is raised. The former is allowed as the ball is not hit but scooped up.

A dangerous hit can be made when the ball does not even leave the ground, for a penalty can be imposed on any one who hits the ball hard at an adjacent player.

Miscellaneous Notes on the Rules

(1) The *whole* ball must pass entirely over the goal line before a goal is scored.
(2) The goal line and circle line are part of the striking circle.
(3) Extra time must be allowed if half-time or time has been called before a penalty bully can be taken or completed.
(4) Time out must *only* be called for an accident.
(5) The game must only be suspended for five minutes on such an occasion.
(6) An injured player can go back into the game provided no one has taken her place.
(7) A player can be suspended for rough play or misconduct.

(8) A goalkeeper is not allowed her privileges outside the circle or during a penalty bully.

(9) If the hand or foot is used to field the ball, it must be stopped dead.

(10) If, at an attempted roll-in, the ball does not enter the field of play, it is taken again by the *same team.*

(11) The penalty for an illegal roll-in—the ball is given to the other team.

(12) On the occasion of a simultaneous foul a bully is taken on the spot where the breach occurred.

(13) A player must not raise the blade or handle of her stick above her shoulder.

(14) She must not take part in the game unless her stick is in her hand.

(15) A bully must not be taken within five yards of the goal line other than a penalty bully.

(16) Should the ball lodge in the goalkeeper's pads or in the clothing of any player, a bully should be awarded at the place where this occurred.

(17) When play is re-started after an accident a bully should be taken—unless an out-of-bounds decision has been given or a penalty awarded—at a place to be chosen by the umpire in whose half of the field the accident occurred. This bully, of course, cannot be taken within five yards of the goal line.

Conclusion

An umpire to be reliable, must concentrate throughout the game and must always be strict and impartial. She should not overlook minor fouls in a game for fear

of spoiling it by too many interruptions. In the first place, this is unfair, and, in the second place, those who are pulled up at once for fouling are less likely to continue to do so, than if no notice were taken. If, after blowing her whistle, an umpire finds she has made a mistake in stopping the play, no foul having occurred, she had better re-start it with a bully. On no account should she say "play on" and let the game continue, as the moment the whistle is blown the ball is "dead."

She should pay no attention to the comments and criticisms of the spectators or players, except in the case of a wrong decision pointed out to her by the players who would have benefited by such a decision. At half-time or after the game she should, however, be quite willing to discuss rulings with the two teams and clear up misunderstandings. If, for any reason, an umpire has not been able to see which team sent the ball out-of-bounds, she *should* refer to the players before re-starting the game.

It has not been considered necessary in this chapter to touch on all the rules, but it is hoped that it will prove of some slight assistance to those who are starting out on their umpiring career.

Reference

"Notes on the Technique of Umpiring." Compiled by the United States Field Hockey Association.

CHAPTER IX

TEAM SELECTION

The Selection Committee

All hockey teams—no matter whether they be school, college, club, or international—should be chosen by a committee, and not by a single individual. The saying that "Two heads are better than one" should hold good in this case, as in others, and should help towards an absolutely impartial choice of players.

Three should be the minimum number of persons serving on such a committee, for two would not allow of a majority; though, of course, a much larger number might be considered desirable. A chairman should be chosen from amongst the selectors to conduct and lead the discussions.

It is advisable, as a rule, that the majority of the selectors be drawn from the ranks of the players who are not competing for a place on the team to be picked, but who possess a sound knowledge of the modern game and good powers of observation. One or, perhaps, two players trying-out might be included on a committee. They may be the better able to judge the strength of a certain individual by playing with or against her, than by watching from the side line, but it is hard for a competitor to do herself justice in a game when she has to concentrate on things other than her own play.

School and college girls, should, most certainly, be allowed to serve on their respective selection commit-

tees, with their coach acting as chairman or advisor. After all it is the girls' own teams which have to be chosen, and it is only fair that they should be allowed to voice their opinions.

Provided that the right type of player is elected, a selection committee on these lines almost invariably proves most satisfactory.

Organisation of Try-Outs

Selection Committees should be chosen early in the season, for, whenever possible, the members should have seen the players in at least one game before the actual try-outs. In this way a more reliable opinion of the players' relative merits can be formed.

The names of the competitors should be sent in well before the date of the trials, so that the programme can be made out beforehand, and the players notified at what times they are likely to be needed.

Each selector should have a complete list of the names of the players, with a number against each one. Corresponding numbers (which should be cut out of some white material and sewn on a dark background) should be given to the players to wear on the chest and back, as a distinguishing mark. Sets of coloured bands or "pinnies" should be at hand in case two competing teams should have almost identical uniforms.

The field should be the best procurable, for good hockey cannot be played on rough grounds. Scorekeepers, timekeepers and efficient umpires must be arranged for beforehand, and plenty of freshly painted balls should be available.

Facilities for changing after play must be provided,

and also, in cold weather, whenever possible, heated accommodation, where the players can wait between games without getting chilled.

Selecting the Players

Any one who accepts the responsibilities of a selector probably does so with many inward misguidings, especially if she intends to take her duties seriously. Picking out eleven players from, perhaps, six times that number is no easy task, and, to do this well, takes a considerable amount of concentration and good judgment. Selectors must be very careful not to allow themselves to be prejudiced for or against any of the competitors, but should judge them solely on their playing capabilities. They should command the confidence of the players, and it is a very serious thing if by any act of unfairness this confidence is betrayed.

If, as occasionally happens, the committee cannot decide between two players trying for the same position, it should bracket the two names together, and when games are held they should share the position—each playing for half-time—until one proves her superiority. The experience, age, or standing of a player should not bias the committee in favour of one of them.

When several very strong players are competing for one place, those not chosen for it should be given a chance in other positions on the field. It is not unusual for a team to possess a half-back line composed entirely of centre halves.

Selectors must remember that players on the left side of the field are more likely to adapt themselves to posi-

tions on the right than vice versa, because of that side being so difficult to play. A left wing may acquit herself quite creditably as right outside when suddenly changed to that position, but it rarely happens that a right wing will play well on the left without previous experience. A centre half is likely to be more at home in a wing half position than at full-back, because the former corresponds more closely to her own place than does the latter.

At the outset of play, it is, perhaps as well for the committee to watch for, and note down, the very strongest and the very weakest of the players, and after that, concentrate first on forward play and then on defence, paying attention to the play of each individual.

Points to Watch for in Forward Play

(1) Speed in running.
(2) Quick stopping and starting.
(3) Keeping of positions.
(4) Unselfishness in not holding on to the ball too long.
(5) Combination.
(6) Prompt seizing of opportunities for individual initiative when circumstances demand it.
(7) Straight dribbling.
(8) Drawing of opponent, as a rule, before passing.
(9) Tackling back to help the defence but not to interfere with it.
(10) Recovering position without delay after tackling back.
(11) No unnecessary dribbling in striking circle.
(12) Shooting on the *run* whenever possible.

(13) Placing of shots.
(14) No hard shooting near goal mouth.
(15) Use of push or scoop stroke at close quarters to goalkeeper.
(16) Rushing of players' own shots.
(17) Keeping on-side.
(18) No dribbling through or hitting into opponents.
(19) Keeping on the move to make it hard for opponents to mark.
(20) No turning of players' backs on their opponents' goal when receiving a pass.
(21) Good spacing of line across field.

Centre Forward

(1) Skill in obtaining ball at the bully.
(2) Good distribution of the play.
(3) Holding together of her line.
(4) Passes given to either side equally well.
(5) Hard centres from the wings well controlled.
(6) Tackling back left chiefly to the inners.
(7) Centre position strictly held to.

Left and Right Inside

(1) Shifting of their positions to combine with player in possession.
(2) Moving out to five-yard line for a roll-in between the two twenty-five-yard lines.
(3) Marking of opposing inside at these rolls-in.
(4) Converging of these players on the centre forward near their opponents' striking circle.
(5) Passing to wings in mid-field and in towards the centre near opponents' circle.

(6) Energetic in tackling back.
(7) Shooting on the run by left inner by means of the right drive.
(8) Close control of the ball by the left inside in her opponents' half of the field, for quick passing to the right.
(9) Passing in to centre done in good time by right inside, the ball going to stick side of opposing full-back.

Left and Right Outside

(1) Staying close to side line in the middle part of the field.
(2) Positioning themselves just outside opponents' circle when the three inside forwards are endeavouring to score.
(3) Clearing hits intercepted from opposing defence inside the circle.
(4) Passing of ball before opponents' twenty-five-yard line is reached.
(5) Every effort made to save ball going out-of-bounds.
(6) On the alert against getting off-side.
(7) Clean centring on the run.
(8) Skilful dodging.
(9) Rolls-in taken by wings opposite opponents' circle.
(10) No use of the reverse stick by left wing unless absolutely necessary.
(11) No shooting at goal from impossible angles.
(12) Very close dribbling by the left outside.
(13) Accurate placing of corner hits.

Points to Watch for in Defence Play

(1) Endurance and speed.
(2) Close marking and deep covering.
(3) Assistance given to forwards in feeding and backing them up.
(4) Reliability in tackling with a variety of strokes.
(5) Good anticipation of opponents' play.
(6) No returning of hard hits on the "fly."
(7) Close control of the ball when fielding.
(8) Clearing hits to nearer side of field.
(9) No crowding of defence by goal mouth.
(10) Good clean hitting.
(11) Judgment shown in interchanging.
(12) Free hits taken quickly.

Centre Half-back

(1) No wandering from the centre of the field in defence.
(2) No interchange with another defence unless absolutely necessary.
(3) Quickness in getting rid of the ball from a back pass at the bully.
(4) Untiring in backing up and defending.
(5) Forwards not driven off-side by this player dribbling too far up the field.
(6) Judgment shown in passing to another defence better placed for clearing than the centre half.
(7) Quick to shoot when an opening presents itself.

Left and Right Half-backs

(1) Placing themselves opposite stick side of the wing to be marked.
(2) Quickness in taking rolls-in with variety of tactics.
(3) Experts at tackling opponent from either side.
(4) Watchful of their own full-backs play to take their positions when required to do so.
(5) Slight converging on centre half when backing up in opponents' territory.
(6) Every effort made to overtake opposing wing in possession.
(7) Overtaking by left-half on non-stick side of right wing to prevent her centring.
(8) Assistance given inside the striking circle when defending.
(9) Passes sent towards centre of field when near opponents' twenty-five-yard line.
(10) Readiness to receive clearing hits from other defensive members of the team.
(11) Forward passes sent to wings whenever possible.

Left and Right Full-back

(1) Complete understanding of each others' play.
(2) Maintaining an oblique position in relation to each other outside their own circle.
(3) Keeping closer to the centre of the field, as a rule, than to the side lines.
(4) Use made of diagonal pass across the field to the far inner when well away from their own circle.
(5) Stopping of all hard hits before passing.

(6) No backing up of the bully on the far twenty-five-yard line.
(7) Quickness on the part of one or the other to go into goal when the custodian has left it for the moment.
(8) Forward passing into spaces.
(9) No "slamming" of the ball into opposing full-backs.

Goalkeeper

(1) Reliability and pluck.
(2) Legs behind the ball when trying to save shots.
(3) Close control of the ball when fielding.
(4) Quick shifting of her position.
(5) Discretion shown in rushing out to tackle.
(6) All clearances to the side of the field.
(7) No time wasted in getting rid of the ball.
(8) Ball is not lifted when kicked.
(9) Kicking on the fly only off shots hit at an angle to the goal.
(10) Hand used for shots in the air.

APPENDIX

DO'S AND DON'TS FOR PLAYERS

Do's

(1) Do play hard to the very end of the game no matter whether you are winning or losing.
(2) Do play the game for the game's sake.
(3) Do be enthusiastic.
(4) Do be punctual at match games and practices.
(5) Do turn out smartly and properly equipped.
(6) Do treat an opposing team in a friendly manner.
(7) Do strive to accept defeat or victory alike in a philosophical way.
(8) Do obey your Captain willingly and do all you can to help her.
(9) Do use your head and try to play intelligently.
(10) Do play a clean game.
(11) Do practice hard at stickwork.
(12) Do read your rule book. You will be able to understand an umpire's decisions more easily if you do.
(13) Do learn to umpire.

Dont's

(1) Don't think you are beaten till the game is over. Determination will work wonders.
(2) Don't be selfish in your play.
(3) Don't "Play to the gallery."
(4) Don't always make excuses after playing badly. Most players have their "off days" for no real reason.
(5) Don't question an umpire's decision on the field.
(6) Don't foul in the hope that you may "get away with it."

(7) Don't indulge in rough and wild play.
(8) Don't play a "hit and run" type of game. Learn to control the ball.
(9) Don't play continually to one particular member of the team even if she is especially outstanding. You will wear her out and starve the others.
(10) Don't shout at each other during play. Coaching should be left to the Captain, except for an occasional quiet word to a near-by member of the team.
(11) Don't play with a stick far too heavy for you.
(12) Don't wear rubber-soled shoes when the ground is wet. If you do, most of your energies will have to be devoted to keeping your balance.
(13) Don't cancel a match game without good reason. If most of the team are unable to play, the substitutes will benefit from the experience.
(14) Don't be content with a poor ground, something can always be done to improve it.

THE END